

THE
Treasurie of hidden
Secrets.

Commonlie called,
The Good-huswiues Closet of prouision,
for the health of her Houshold.

Gathered out of sundry experiments, lately practised by men
of great knowledge: And now newly enlarged, with diuers necessary
Phisike helps, and knowledge of the names and naturall dispo-
sition of diseases, that most commonly happen
to men and wyomen.

Not impertinent for euery good Huswife to vse in her
house, amongst her owne familie.



11.

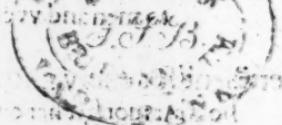
AT LONDON,
Printed by I. R. for Edward White, and are to be sold
at his shop at the little North doore of Paules, at the
signe of the Gunne. 1600.

THE
LITERATURE OF PIRATES
1800-1850

CONTINUATION OF
THE HISTORY OF PIRATES
BY
MELVILLE, H. C. & C. M. S.

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BY H. C. MELVILLE



THE HISTORY OF PIRATES

BY
H. C. MELVILLE, H. C. & C. M. S.

**To all Women that loue and professe the
practise of good hyswifrie, as well
as Maydes.**

Cvreous Gentlewomen, honest Matrons, and vertuous virgins, I did not long agoe print (in my opinion) a very necessary booke of Cookery, and bequeathed it vnto you, called, The good-hyswifes hand-maide for the Kitchin; and perceiving no lesse but that it was acceptable amoung many of you, I haue lately reprinted the same, and for that this booke, called: The good-hyswifes Closet of necessarie prouision for the health of her houshalde, contayning, The manner as well to make all kynd of Conserues & sirrops, and suger paste for banqueting dishes, Succade, Marmalade, and Marchpane, diuers sweet distilled waters of great vertue, fine powders for preses, and chestes, with wollen and linnen clothes and Furses, to keepe them frō moth-eating: and many precious Oyles of sundry operations and effects: as also necessary directions for preparation of good and wholesome Kitchin phisick, in making good medicines, wholesome drinke, and other comfortable things, to helpe and cherish the sick & weake in your house: hath likewise beene printed by me afore time, I thought good now to aduertise you that I haue conffered them both together, and in examyning them, found some things in the one, more pertinent vnto the other: & some things in the one that was likewise in the other, and therefore needlesse that the selfe same things should be in both. I haue therfore placed each thing that before was out of order in his due and conuenient place, and doe commend both vnto your protection: the one for

The Epistle Dedicatory.

your Kitchen, and this other a ready helpe, alwayes at bande
as a Storckhouse, or Treasurie of many profitable secrets, and
vnknowne conceits to be vsed as occasion shall require. First
printed at the request of a Lady of great calling, and nowe
augmented with some rare conceites not before published:
Howe good woe are they be, yours they bee: and my selfe at
your commaunde, to publish anything that may be to your
good lyking, and to amende what otherwise shall proue to
your discontentment.

(poincto xviij) And so god willing I entily
will serue his goodnesse to R. I. Printer
and the comynge of the world. And so I leue this booke
to the deuote readeres to be his guidoun
whiche hee shal beare in yeres to come I say to you my good
friends and welcom to the booke of T. bala a good friend
and welcom to the booke.

The Authour of these Secrets to this Booke.

Upon occasion that a Lady of honourable regard, having
seen this Booke in writing, earnestly requested, or ra-
ther commanede to haue a copy of the same.

And Ie am foynt to do. O answere me straight
being to **G**oe little Booke of profit and pleasaunce, I haue
in biforn be to my honourable Lady, without delay: so do I
Shew her I send thee for the performance.

Other request, sith she would haue no nay:
Yea, say, her commanude of me hath obtayned
Thee: that no golde nor good could haue gained.

And my selfe, as I haue said, haue willed
and a deale more, that shee shal haue this booke
and these goodly and rare conceites I haue printed
and leare unto her, and haue bidden her to the same. And Ie haue
takē goodnesse to beare this booke to her, and haue
takē goodnesse to beare this booke to her.

The Treasurie or Closet of hidden

secretes. Sixtene

To make a Marchpane. chap. I.

To make a Marchpane. chap. I.

Take halfe a pound of blanched Almonds, and of white Suger a quarter of a pound, of Rose-water halfe an ounce, & of Damask water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coalets of fire till they waxe thick, then beate them ageing with suger, fine: then mixe the sweet waters and them together, and so gather them, and fashion your Marchpane: then take wafer cakes of the broadest making, cut them square, past them together with a little liquo: and when you haue made them as broad as wil serue your purpose, haue ready made a hope of a grene hazel wand, of y^e l.ck. nesse of halfe an inch, on the inner side smoth, without any knags: lay this hope vpon your wafer cakes aforesaid, and then fill your hope with the geare above named, y^e same dwuen smoth aboue with the backe of a siluer spone, as ye do a Tarte, and cut away all the parts of the cakes, cuen close by the outside of the hope, with a sharpe knife, that it may be round: then having white paper vnderneath it, set it vpon a warme heare, or vpon an instrument of yron or brasse, made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but only be hard and thorow dryed, and ye may while it is moist stick it full of Comsets of sundry collours, in a comely order, yee must moist it ouer with Rose-water and suger together: make it smoth, and so set it into the Ouen or other instrument, the clearer it is like a Lanterne hozne, so much the more commended. If it be through dryed, and kept in a dry & warme ayre, a Marchpane will last many yeares. It is a comfortable meate mett for weake folks, such as haue lost the taste of meates hym much and long sicknes. The greatest secret that is in making this cleere, is with a little fine flower of Rice, Rosewater and suger beaten together, and layd thin ouer the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gild a Marchpane or any other kind of Tart. chap. 2.

Take & cut your leafe of gold, as it lieth vpon the booke into square pieces like dice, & with a Conies tayles end moistened a little, take the gold

The Closet, or Treasure; II. 111

gold by the one corner, lay it on the place, being first made moist, and with another tayle of a Conie vyr, presse the gold downe close. And if you will haue the forme of an Hart, or the name of Jesus or any other strange thing whatsoeuer, cut the same through a pate of paper and lay the paper vpon your Marchpane or Tarte: then make the voyde plate of the paper moist with Rosewater, lay on your golde, presse it downe, take off your paper, and there remaineth behinde in gold, the print cut in the sayd paper.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboyle them in water till they be tender, let the water run from them till they be dry: Then put in every coffin one Duitice, in it a god quantitie of marrowe. Also take Huger, Synamon, and a little Ginger, and fill the coffin therewith, close it, let it bake an howre, and so serue it.

To keepe Quinces vnpared all the yeare long. chap. 4.

Take ripe Quinces, and at the great end cut out a stopple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare the not) and perboile them a little, take them vp, & let the water draine from them, then put all the coares, and some of the smallest Quinces in little pieces all to cut, into the water wherin all the Quinces were perboyled, and let them seeth till the liquo: be as thicke as molten size that Painteres occupie, then take it from the fire and let it coole: in the meane season couch your cold Quinces in a barrel, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one upon another. Then put the liquo: in, that it be an handfull ouer and aboue them: Couer them close, and after iii. or v. dayes loke to them, and when you see the liquo: sunke downe, put in more of the same, whiche you purpleselie kept to coner them, as before: then lay a borde vpon them, & a stone, that they rise not, and couer the vessell close with a thick cloth folded that it take no ayre, so let them remaine. And when ye intend to occupie some of them, vncouer the vessell, and ye shall find a creame couering the whole liquo:, breake it in the middest, turne it ouer with your hand, then take out your fruite in order, beginning in the middest first, then by the sides, so that you remoue none, if it may be, but those that they take away: and euerie time you break the creame, turne it ouer again into his place, for you must know, that the cream kepereth out the aire, and kepereth in the strength of the sirrop, therfore it maketh

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keith much to the conservation of the fruite to saue it, and also to see the vessell close couered. Also, when you will bake your Quinces, walsh them wel and cleane in warme water, and bake them as before is written.

To make Vineger of Roscs.

In Sommer time when Roscs blow, gather them, ere they be full spread or blown out, and in dry weather, pluck the leaues, let them lie halfe a day vpon a faire bord, then hane a vessel with vineger of one or two gallons, (if you will make so much Roset) put therein a great quantitie of the saide leaues, stop the vessell close after that ye hane stirred them well together: let it stand a day and a night, then diuide your Vineger and Rose leaues together in two parts, put them in two great glasses, and put in Rose leaues enough: stop the glasses close, set them vpon a shelfe vnder a wall side on the South side without your house, where the Sunne may come to them the most part of the day, let them stand there all the whole Sommer long, and then straine the vineger from the Roscs, and keepe the leaues, and put in newe leaues of halfe a dayes gathering, the vineger will haue the moxe odour of the Rose.

You may vse in stead of vineger, Wine, that it may ware eager, and receive the vertue of the Roscs both at once.

Horeouer, you may make your vineger of wine, white, redde, or claret: but the red doth most bind the bellie, and the white doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the white looseth most of all: Hareof you may make Vineger Roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when wee speake of making conserue of Elderne flowers.

To make paste of Suger, whereof may be made all manner of fruities and other fine things with their forme: as platters, dishes, glasse, cuppes, and such like things, wherewith you may furnish a Table, and when you haue done, you may eate them vp. A pleasant conceite for them that sit at the Table. chap. 6.

Takke

The Closet, or Tresurie,

Take Gum Dragan, as much as you will; and kepe it in Rose-water, vntill it be mollesced. And soe soude ouer it of sugar, take of it the bignesse of a beane: the ioyce of Limous, a Maltun shelsful, and a little of the white of an egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of brasse vntill it become like water, then put to it the ioyce with the white of the egge, incorporazated well together. This done, take four ounces of fine white suger wel beaten to powder, & cast it into the morter by little & little, vntill it be turned into the forme of paste: then take it out of the said morter, & bray it vpon the powder of suger, as it were meale or flower, vntill all be like soft pasche, to the end you may turne it, & fashion it, which way you wil: when you haue brought you past to this forme, spread it abroade with Synamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you wil, as is aforesayd, with such fine conceits as may serue a Table, taking hede that there stand no hole thing nigh vnto it. At the end of the banquet they may break all, & eate the platters, dishes, glasses, cups, and such like: for this paste is delicate and sauourous. If you will make a thing of moze finenesse then this, make a Tart of Almond, stamped with suger and Rose-water of like sorte that Marchpanes be made of: this shall you lay between two pastes of such vessels, or fruities, or some other thing, as you thinke good.

To make Orenge Comfets. chap. 7.

Take Orenge pillings, lay them in faire water a day and a night, then saeth them in white wine: then take them out of the wine, and put them in an earthen pot, & put therein suger, Synamon, Cloues and Mace whole; and saeth them together without any other liquor, and so it is made.

To make fine blanch powder for rosted Quinces. chap. 8.

Take fine suger, halfe a pounde, beaten in a hote morter to fine powder: of white ginger pared, halfe an ounce: of chosen Synamon a quarter of an ounce, beaten ready to fine powder: mixe them well together, and if you will haue it most excellent, cast two sponefull of Rose or Damaske water, in beating of the suger.

To preserue Quinces in sirrop condicte, alway readie to be served in whole or in quarters. chap. 9.

After your Quinces are coared and pared, saeth them till they be tender and soft: then lay them out till they be colde, in the meane time

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time, take of the same liquo^r two quarts or more, (according to the number of your Quinces which ye will keepe & put therin the cores and some other small pieces, seeth them in the liquo^r, to make the sirrop strong: straine them, and put into the liquo^r, beeing two or thre quartes, one pint of Rosewater, and for every quart of liquo^r one pinte of Rosewater, and for every quart of liquo^r, one halfe pound of Suger, seeth them again together on a soft fire of coales, till the suger be incorporated with the liquo^r, then put in your Quinces, let them seeth softly till you perceiue that your sirrop is as thicke as lye Honey, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of brused Synamon, and some whole cloues, put them with some of the Synamon into the sirrop, and when it is colde, lay a larde of Quinces in your glasse (called a gestelin glasse) or in an earthen pot well glazed: then draw a little of your Synamon vpon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within thre or fourre dayes looke to them: and when you finde the sirrop shrunken down, put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enongh.

Plummes condicte in sirrop. chap. 10.

Take halfe a pound of Suger, halfe a pint of Rosewater, & a pint of faire raine water, or of some other distilled water, seeth the Suger, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueth boyling, put therein halfe a pound of ripe Damasins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft, by the space of an houre, if need be: then put in some Cloues brused, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with sugar, the better it will continue. Some put into the sirrop Synamon, Saunders, Nutmegs, Cloues, and a little Ginger: seeth them not hastyly, for feare of much breakeing.

To make Walnuts in sirrop. chap.

Take your Nuts tenne dayes before Midsummer day, lay them in water, and change them morning & evening, till nine or ten dayes be past, then pare off as thin as ye can the outer rinde, but the verie

The Closet, or Tredsurie,

Take Gum Dragant, as much as you will; and thereto is in Rose water, but it will be insuffler. And so to the counterfet sugar, halfe of it the bignesse of a deame; the wyce of Linnes, is halfe halfe shewful, and a litle of the white of an egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of brasse untill it become like water, then put to it the wyce with the white of the egge, incorporatid well together. Thus done, take four dunces of fine white Sugre wel beaten to powder, & cast it into the morter by little & litle, untill it be turned into the forme of paste: then take it out of the said morter, & bray it upon the powder of sugar, as it were meale or flower, untill all be like soft paste, to the end you may turne it, & fashion it, which way you will: when you have brought you paste to this forme, spread it abroade with Synamon upon great or small leaves as you shall think it good, and so shall you forme and make what things you will, as is aforesayd, with such fine conceits as may serue a Table, taking heed that there stand no hot thing nigh unto it. At the end of the balyng, they may be eat all, & eat the platters, dishes, glasses, cups, and such like: for this paste is delicate and favourable. If you will make a thing of more finenesse then this, make a Cart of Almond, stamped with sugre and Rose water of like sorte that Marchpaines be made of: this shall you lay between two pastes of such vessels, or fruities, or some other thing, as you think good.

To make Orenge Compets. chap. 7. 130110
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time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keep) & put therin the cozes and some other small pieces, saeth them in the liquoꝝ, to make the sirrop strong: straine them, and put into the liquoꝝ, beeing two or thre quarteres, one pint of Rosewater, and for every quart of liquoꝝ one pinte of Rosewater, and for every quart of liquoꝝ, one halfe pound of Suger, saeth them again together on a soft fire of coales, till the suger be incorporated with the liquoꝝ, then put in your Quinces, let them saeth softly till you perceiue that your sirrop is as thicke as lye Hony, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of brused Sina- mon, and some whole cloues, put them with some of the Sina- mon into the sirrop, and when it is colde, lay a larde of Quinces in your glasse (called a gestelin glasse) or in an earthen pot well glazed: the draw a little of your Sina- mon upon your Quinces, then poure some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so sooth, till you haue done, and couer them two fingers ouer with sirrop abone, couer them close: and within thre or fourre dayes looke to them: and when you finde the sirrop shrunken down, put in more, and so reserue them. These are to be serued in with sirrop, See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

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To make Walnuts in sirrop. chap.

Take your Nuts tenne dayes before Midsummer day, lay them in water, and change them morning & euening, til nine or ten dayes be past, then pare off as thin as ye can the vtter rinde, but the verie

The Closet, or Treasurie,

grounde of them, and seeth them in such sirrope as yee doe Drestges, and when it is sodden, ye must keepe the in a new sirrope of the same making, or els make a sirrop to seeth them in of clarified honyn: take raine water, for lack of that, take other water, take thre times as much water as ye doe honey, & seeth it long & softly, then as the skum doth rise, take it off, & so let it seeth til it be cleane scummed, and assay it vpon your naile, if it tarie there it is thick enough, els not: there is all, and seeth your Puts therin, and put them in a syrop of Sugur.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condit, as before in the chapter is written, then with some of your liquoy wher in they were sodden (but without any spice) beate them, and drawe them as ye would doe a Tart: then put some ouer the fire, and seeth them softly, and in seething straw by little and little of powder of suger, the weight of the Quinces, or more, as your tast shall tell you, stirre it continually, put thereto some pure Rosewater, or Damask water, let it seeth on height, till it be wall standing, which thing yee may know, by taking some of it vpon a cold knife, and let it coole: if it be stiffe, then take it off, and bore it while it is warme, and set it in a warme and dry ayre: if you will gild your Marmalade, doe as afores is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue layne long, and are through ripe, and very yellow, as in Lent season.

And so as much as Quinces are binding, and therefore not good for some sickle folies costiffe, it is necessary to put a god many of ripe Apples of god verdure, as Venet, Pippin, Lordling, Russetting, Pomerall, Rex Pomorum, or any other Apple that is pleasant raw, as wryng them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantitie and vertue of the same, especially if it be well dashed with sweete water.

To make Marmalade of Damsins or Prunes. chap. 13.

Take Damsins which are ripe, boyle them on the fire with a litte faire water, vntill they be soft: then draw them through a course boulter, as ye make a Tart, set it on the fire againe, seeth it on height with sufficient suger, as you doe your Quinces, dashe it with sweete water, &c. and bore it.

If you will make it of Prunes, doe likewise put some Apples to it

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it as you did to your Quinces. This wise you may make Marma-
lade of Wardens, Peares, Apples & Medlars, Ceruse, Cherries,
or Strawberries, every one by himselfe, or else mire it together, as
you thinke good.

To make Succade of peeles of Orenge or Lemons. chap. 14.

First, take off your pæls by quarters, and seeth them in faire wa-
ter, from thre quarts to thre pints: then take them out, and put to
as much more water, and seeth them likewise, and so doe againe, til
the water wherein they are sodden haue no bitternes at all of the
pæles, the are they ready. Now prepare a sirrop as ye do for Quin-
ces condit in the sirrop, in the ninth chap. before written, seeth them
in glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of eased Ginger of the fairest, and bse them as
followeth: Lay a broad lane of faire sand vpon a low flower on the
ground, halfe a foot thick, then lay your rases of Ginger vpon the
sand in order, couer the Ginger with more sand, four or five inches
thick, sprinkle the sand ouer with faire water twise every day, that
it may be moist, thus daily do till ye shall perceiue your rases to bee
soft. Then take vp your Rases, wally them, and scrape them cleane,
haue a sirrope ready made, as aboue is saide, seeth them in it till they
be well seasoned: take them vp, and with some of the sirrop cast them
or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Sugur, put thereto fourre ounces
of Rosewater, seeth the vpon a soft fire of coales til the water be con-
sumed, & the sugar is becom hard: the put therin a quarter of an ounce
of the powder of Pearls, stir them together, put for every spoonfull a
piece of a leafe of gold cut of purpose, cast them vpon a leafe of white
paper, beeing first annotated with swet Butter for cleauing too.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne frō the yeast 24. heures
after it hath stood tunned, & put it into a close vessel wherin you shall
put these hearbs following, and 4. ounces of Licorice scraped & pul-
led in a morter, & so much Anniseed well garbled, then stirre them to-
gether twice a day for the space of thre dayes, & let them stante 24.
houres after: then put them into the stilling pot, and (if you please)

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you may also put in the l̄es of Halmesey or Hache, or any other distilled waters, but fill not your pot too ful, then set on your Limbeck, and close it fast to the pot, and keþ a soft fire vnder it. These are the hearbes with their quantitieſ.

Iſope, Lime, Rosemarie, Sage, Parslie, Bozage, Langdebaſe, red Fennell, Horrell, Harts tong, Bay-leaves, Buglosſe, Scabias, Marigold, Costmarie, Ribwort, ſentoz, Liverwort, Fumitory, of each a handfull.

Margerum gentle, Basil, Mints, Champane, Woddbind, Patience, Valerian, Endive, Wormewood, Peneroyall, Cammomill, of each halfe a handfull.

To make Aqua vitæ. chap. 18.

Take four gallons of strang Ale or wine l̄es, and put them in a bessel, & couer it well: then put to it thre or four handfull of Rosemarie, Peneroyall, Liverwort, Harts tongue, or any other good hearbs, and stir them together twice or thrice a day, for the space of four dayes: then put them in a brasse pot, and ſit with a temperate fire, ſoþ els you burne your pot and loſe your Aqua vite, which will ſinke and loke red: Also, loke you keepe your water in a temper, and when it is very hote, let it out, and put in cold water againe into the upper part of the Limbeck, and ſo change your water as it waxeth hote.

Take a ſpoonful from vnder the ſpout, and light it with a paper, and if it burne cleane out it is good, else not.

How to make diuers necessarie Oyles of great vertue. chap. 19.

Oleum Hipirici.

Take the tops and flowers of S. John Wort that hath red iuyce, thre ounces, ſhed them ſmall, & lay them to ſtepe in ſweet Wine, as much as needeth, thre dayes: then boyle them in a double glasse, close ſtopt, & preſſe out the liquoꝝ from them, which done fourte times with fresh flowers, and a little moze wine, if any be wasted, if not, take the wine the fourth time strained, put to it Terebinthij 3. ounces: of god Oyle, 6. ounces, and of Haſtron a ſcrupule, ſo let them boyle till the wine be consumed: which poured cleare out from the grounds, reſerue to be vſed.

It is hote and dry, and binding, wherefore it healeth the cuts and wounds of the ſinewes, taketh away the paine of the hips, thighes, and bladder, and helpeþ the vſine.

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Oyle of Rue.

Take blotters and tops of Rue so many as you list, which small shred, put into some glazen vessell, and poure out so much swet Oyle as will couer them, and close stopt, let it stand in the Sun, or in some other hote place fine daies: then boyle it, and beeing strained from the hearbs, take so many fresh hearbes, and vse it as aforesayd four or five times, and reserue it to vse, as aforesayd.

It is hote, opening, resoluing, and mittigating paine: it heateth the raines, bladder, and Matrix, it taketh away the paines of them, and the Collick, if the belly be annointed therewith, or a glister made therewith, it is god for the sinewes, helpeth the Crampe, and putteth away cold humors.

Oyle of Dill.

Take the flowers and leaues of Dill, &c. as afore of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resolueth vapoors, impostumers, swellings and hardnes in any place, and if the backe-bone be annointed, it easeth the paines and growling of Feuers.

Oyle of Elder-flowers in the same manner.

It soupleth, cleanseth the skin, helpeth the weaknes of the liuer, and the stoppynge of the saime, and greatly asswageth the paine of the ioynts.

Oyle of the leaues & flowers of Cammomil, as of Rue & Dill.

It is god against the plurisie, openeth the pores, resolueth vapoors, correcteth the euill quality of humors, and is god for the sinewes, and abateth the paine maruellously.

Oyle of sweet Mints, as aforesayd.

It comforteth a weake stomack, stais vomit, moves appetite, helpeth concoction, and taketh away lothsonnes.

Oyle of VVormewood.

It is hote, and comforteth the parts that are too much coled, chieflie the stomack, prouoketh appetite, taketh away obstructions, and killeth wormes.

Oyle of Roses and of Rose buds.

It is god against inflamations, it coleth the burning and boyling of the stomacke, and fretting of the bowels, if it be giuen in gister, and to annoynt the teeth, it taketh away the ache.

Of the Oyle of Violet flowers.

It is god against all inflamations and heate.

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To make Oyle of Earth-wormes.

Take of Earthwormes halfe a pounde, of god Dyle two pounde, of sweet wine two ounces: boile al together vntill the wine be quite consumed, then straine it and keepe it.

This Dyle is god for the sinewes that are colde, and helpeth the paine in the loyns.

Oleum benedictum.

Take of Dyle two pounde, Sotor, Calamit, Labdanum, Olibanum, Saffron, Gum Arabick, Madder, gum of the Iuie tre, Alloes, Succotrine, Pastick, Cloues, Galengale, Synamon, Nutmegs, Cubes, two ounces, Gum Elamie a pounde, Myrrhe, Wedellium halfe an ounce, Galbanum sixe ounces, Spike an ounce, Rosin of the Pine tre, Armoniak, Dpoponax two drams: beat all to powder that is to be beaten and mixe it with the Dyle, and put all into a stilltozie of glasse, with the head and receiuer so closed that no ayre come out, setting your Limbeck vpon a soft fire twelue hours, encrasing your fire from fire howers to fire, till all be stilled. This done, beat all the residence in the bottom of the Still to fine powder, & with the same Dyle distill it the second and third time as afores, and it shall be as it were Balme.

It is god against Crampes, Palsies, paines of the loyns, colde Catars, greene wounds & Ulcers, it comforteth the spirits, epeneth obstructions, one drop in the eare helpeth the hearing. A Rosecake dipped in it and layd to the temples, helpeth the Negrim, and taketh away the swimming of the head: an ounce in sweet wine drunke 3. dayes together, cureth the disease of the Lungs and the quartaine Feauer. If you give a sponfull with wine thirtie dayes with a little powder of Piony roxes, it helpeth the falling sicknes: so that if the coronal commissure be also anointed, it easeth the paine of the french Boicks, and is good against the stinging of any venomous beastes, and for all diseases of the sinewes.

To make Conferue of Roses, or other flowers. chap. 20. 3rd

Take buds of red Roses somewhat before they be ready to spread: cut the redde part of the leaues from the white, and beat and grinde them in a stone morter with a pestle of wodde, and to every ounce of Roses, put thre ounces of suger in the grinding (after the leaues are well beaten) and grind them together till they be perfectly incorporated, then put it in a glasse made of purpose, or els into an ethen pot.

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pot, stop it close, and so keepe it. Thus yee may make Conserues of all kind of flowers commonly vsed for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the Stomack, the heart and all the bowels, it mollifieth and softneth the bellie, and is good against blacke Choller and melancholie. Conserue of white Roses dooth loose the belly moze then the red.

To make conserue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the stalk, beate and grind them with Suger as you did your Roses: to these put double the weight of suger to the weight of Violets, but to all flowers put thre parts of suger to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heate and inflamation of Choller, called yellow choller, it quencheth thirstinelle, it maketh the belly moist and soluble.

The vertue of conserue of Buglosse. chap. 22.

Conserue of Buglosse flowers comforteth the hart, it is good for the frantick, and for the melancholie: it is good for the Hincop and sowning, it taketh away heart-burning, and trembling of the heart or Stomack, it profiteth againe Choller.

The vertue of conserue of Borage. chap. 23.

Conserue of Borage flowers is of like vertue, it is especially good against blackie Choller or Melancholie, it also maketh one merry.

The vertue of conserue of Rosemary. chap. 24.

Conserue of the flowers of Rosemary, comforteth the colde and moist braine, it comforteth also the sinewes, it is good against melancholie and sleame.

To keepe Cherries condit, or Gooseberries. chap. 25.

Make your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalk of every Cherry, put them into the sirrop, and vse them as you did the Plummes, put in what spice pleasest you, and so keepe it as before is written: but make your sirrop strong enough of suger, least it ware hore and corrupt: then must ye make a new sirrop stronger of suger, & put the Cherries in it to keepe, as before is said: Thus may ye doe with Gooseberries to make of them Tarts or sauces all the yere long, sauing that Gooseberries

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berries may bee well sodden without breaking, because of they
rough skinne, so it be softly and diligently done.

To make a Conserue or Iellie of Quinces, after my Lady
Gray Clements sort, vnstrayned. chap. 26.

Take sixe pints of faire water, put it in a faire vessell, put thereto
the whites of sixe egges, and with your hand all to beate the water
and the egges together, till you shall see your liquo: rise with great
fome: then put into your liquo: sixe poundes of suger to sixe pints of
water, that is halfe measure, if ye make it at Michaelmas or at Hol-
lantide: after that, sixe pounds and a halfe of Suger will serue sixe
pintes of water. Then set your liquo:, egges, and suger on the fire,
and let them seeth till the scum arise: then take it off & scum it cleane
and set it on the fire againe, and scum it still, as long as therre will
anie soule thing or scumme arise. Then put in twelue pounde of
Quinces with the coares taken out, so let them boyle softly, and still
scum it if any thing doe arise: and when it beginneth to looke redde,
lay a drop of it vpon a paper, and when yee find that it will stand vp
on the paper, then it is sodden enough: then take it off, and let it run
through a fine haire sune into your boxes, and with a spone take off
the froth aboue, and this will keepe, but it must seeth soberly, and no
rash fire, but a continuall reasonable fire.

To preserue Quinces all the yeere, as it was vsed for
King Edward. chap. 27.

Take your Quinces and pare them, and seeth them in clere wa-
ter till they be tender, then put the water from them: then take Suger
and put water to it, to a pound and a halfe of Suger, put halfe a
pint of Rosewater, loseth them together till it be thick like a sirrop,
and seeth them all till they be browne. Then take out the Quinces,
and let the sirrope seeth againe till it be somewhat thicke, as yee see
the sirrope of Greene Ginger. Then put in your Quinces againe,
and let them seeth thre or fourre Pater noster whiles, then take them
from the fire, and put them in a stonye pot, or a little vessell of wood,
and thus keepe them all the yeere: If you list to put Synamon, you
must put to every fine pound of Suger one ounce of Synamon, and
if you haue no stoe of Rosewater, ye may make the same sirrope of
running water, but it will not be so pleasant as Rosewater, but it
will doe very well.

To make Quinces in sirrop. chap. 28.

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Take thirtie Quinces, and take out the coares of them, and pare them, and euer as they be pared, cast them in faire wafer, when they are all pared, take a pot of faire water, and put your Quinces in it, let them seeth till they be so tender that yee may put a strawe or rush through them: then take to your Quinces fwe or fire poundes of Sugre, and take some cleane water, as much as yee thinke will couer your Quinces, and put into this water your Sugre, and fowre or fve whites of Eggis all too beaten, so that there may rise vpon them a froth. Then put them so dressed into your water with Sugare, and let that stande vpon the fire till it hath sodden a wallop or twaine. Then take a peece of a wollen blanket, and poure thy water through with suger and all: then put this water into a faire pot, and the Quinces together, and let them seeth till your Quinces bee very tender, and euer as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrope boyle till a spone will stand in it, and when your sirrop is cold, put in your Quinces and stoppe it close, and within thre dayes luke vpon it againe, and if the sirrope ware thicke, take more water and Sugare, and dress it as afoxe witten, and when you haue put it through a cleane cloath, then take the Quinces and the new sirrope, and put altogether, and let them seeth a while: then take out your Quinces and let the rest seeth till it come to a sirrope, and when your sirrop is cold put your Quinces in, and so keepe them all the yere, but before that your sirrope be thick enough, or els it will marre all: you may not put in your Quinces at the second seething, till your sirrope be somewhat thicke, for they be not put in to seeth, but to soake out the watrines of the first sirrop, and therefore they may seeth but a little while at the second seething.

To make conserue of Damsons. chap. 29.

Take Damsons and wash them in faire wafer, and drye them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of palf, and put your pette in an emptie Duen which was filled with bread: then put in your pot after the bread is out & stop it very close, & let it stande fowre houres: Then take it out, and put your Damsons in a peece of thicke Canuas, and let the liquo: that runneth from the, come into a faire pan, and in any wise breaue not the Damsons that be in the cloth to haue

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more liquo^r, for you must hane no liquo^r but that which commeth from them. Then take a faire boylng pan, and put your liquo^r in it and put to it as much beaten Suger of the finest, as yee thinke will make it swete, and seeth it vpon a quick fire, and when ye thinke it is enough, take a lawcer, and with your stirring stick let a dopp fall vpon your lawcers side, and if it be enough it wil be somewhat cliffe. Then take it from the fire and put it into your boxe, also you must stirre it still.

To preserue Damsons. chap. 30.

You must take for every pound of Damsons halfe a pound of Suger. First, make your sirrope with Suger & Rosewater, and when you haue boyled it a while, then put in your Damsons, so that they lie not too neare together, so let the boyle till they be red at the stone, then take them out, and put them in a platter: then put in moze to the same sirrope, and let them boyle as the other did: and when they be all boyled and cold, close the skinnes as close as ye can, and poure on the liquo^r beeing hote, and so let them stande a while or euer that you put them into the glasse.

To make Wardens in sirrope. chap. 31.

Take Wardens, and cast them in a faire pot, and boyle them til they be tender, then take them vp and pare them, and cutte them in two or thre pecces, and take powder of Synamon a good quantitie, and put it in redde wine, and straine them, and cast thereto Suger. Then put it in an earthen potte, and let it boyle together, and when they are well boyled, take powder of Ginger, and colour it with Saffron, and looke that it be poynat and dulcet.

To make Prunes in sirrope. chap. 32.

Take Prunes, and put Claret Wine to them, and Suger, as much as you thinke will make them pleasant, let all these seeth together till yee thinke the Liquo^r looke like a sirrope, and that your Prunes be well swollen: and so keepe them in a vessell as yee doe greene Ginger.

The vertue of Conserue of Succorie. chap. 33.

Conserue of Succorie is good against yel^lowe and blacke Chol^eler, and for the burning and heate of hote feauers.

The vertue of Conserue of Elderne flowers. chap. 34.

Conserue

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Conserue of Elder is god against the Morphew, it cleanseth the Stomacke and the whole body from scabs.

Gather the clutters or bunches whereon the flowers grow, when they are new blowne or spzed, lay them vpon a faire Sheete abzoade in a chamber a day or two, till ye shall perceiue the flower wil shake off and fall away: then pick them cleane, and make thereof conserue as you doe of other flowers.

And whereas it is moze wholsome then pleasant, therfore put some other conserue (such as ye list) amongst it when ye will vse it.

The vertue of Conserue of Sorrell. chap. 35.

Conserue of Sorrell is god against all kinde of heates of the Stomacke, and other principall parts of the bodie, and against yellowe Choller.

Take leaues of Sorrell, wash them cleane, and shake off the water cleane, or els tarry till the water bee dryed cleane: beate them and grinde them with Suger, as aboue, and then keepe them.

The vertue of conserue of Maidenhaire. chap. 36.

Conserue of the leaues of Maidenhaire, is god against the sicknesse of the side, called the Plewrisie, and for all the diseases of the breast, and of the lights, and in all maladies of Melancholy, and against redde Choller.

Take it as ye doe conserue of Sorrell.

To make conserue of Elicampana rootes. chap. 37.

Take the rootes of Elicampana, wash them cleane, slice them into pieces as big as your thumbe, seth them in faire water till they be tender, take them vp and powne them, and drawe them thorogh a haire sive: put thereto in the second sething the double or treble weight of Suger, and when the Suger is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conserue of Elicampana is a god comfort to the Stomack, and the nourishing of the members, it maruellously loseth tough sleame, dissolueh and consumeth the same, by the sive it auoydeth it.

To make conserue of Acornes or Gladens, with the vertue of the same. chap. 38.

Take the rootes of yellowe Flowerdeluce, which groweth in moyst grounde, otherwise called Flagge roote: wash them & scrape them

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them, seeth them, and order them as ye doe of Clicompana, now last before rehearsed, and so keepe it. This conserue is good against all sicknes of the braine, and sinnewes, & against all diseases of sleame. Unto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserues, fruits and rots are made with fire and seething. Moreouer, the moxe Sugur or honey is put into them, so it be not past thre pound to one, the Conserue shall continue the better.

To make Conserue of Strawberries, with the vertue of the same. chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much sugur in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The Conserue of Strawberries is good against a hote liuer, burning of the stomack, and specially in the fervent heat of an ague.

To make conserue of Cherries and Barberries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require moxe Sugur then the other doe, which are not so sowre as they be.

Heere is to be noted, that of conserue of fruits may be made Marmalade: for when your Conserue is sufficiently sodden, and readie to be taken off, then seeth it moxe on height, & it will be Marmalade. Moreouer, some make their conserue, marmalade and Sirrops with cleane Sugre, some with cleane honey clarified: some with Sugur and honey together: and after the opinion of some great Clarkes, honey is moxe wholsome, though it be not so toothsome as Sugur.

To make all kinde of Sirrops. chap. 41.

Take Buglosse, Borage, white Endive, of each one handfull, of Rosemary, Time, Hisop, Wintereauozie, of each halfe a handfull: seeth them (beeing first broken betweene your handes) in thre quartes of water vnto thre pintes, then straine it, and put in the liquo: whole Cloues an ounce, powder of Synamon halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of Sugur

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Hunger halse a pound and more: let them siethe vpon a soft fire, well stirred for burning too, vntill it come to the thicknes of life Honey, then keepe it in Gally pots. If you put one pint of Halinesey in the second seething, it wil be better. When it is perfect, haue sixe grains of fine Huske in pouder: stirre it amonst your sirrope as yee put it into your Gally-pot, and couer it.

This sirrope will last many yéeres, and is excellent against solwning and faintnes of hart: it comforteth the braine and sinewes, if it be vsed as much as a Hazel nut at once, at your pleasure.

A Violet pouder for woollen Cloathes and Fuirres.

chap. 42.

Take of Ireos two ounces, of Calamus Aromaticus, thre quarters of an ounce, of Cipres, of Galingale, of Spikenal, of Rose leaues dried, of each a quarter of an ounce, of Cloues, of Spike, of Lavender flowers, of each halfe an ounce, of Pigella Romana a quarter of an ounce, of Beniamin, of Storax Calamit of each halfe an ounce, let them be all finely beaten & searced. Then take two or thre graines of Huske, dissolute it in Rose water, and sprinkle the water vpon the pouder, and turne it vp and down in the sprinkling, till it haue drunk vp the water, when it is dry, keepe it in bags of silke.

A sweete pouder for Napery, and all Linnen cloathes.

chap. 43.

Take of swete Mariozum (that which is hoary is the swarter) when it hath in him sedes ripe, cut the branches, so that the rote may spring againe: when the Mariozum is dried, then rub out the sedes, and keepe them to sowe about Easter, and the huskes and leaues that grow about the sedes take for your purpose, rub them smal, (for if you beate them to pouder in a moxter, they wil lose the most part of their saavour) then take of white Saunders, or gray Saunders, but looke that they be new, of right swæt odour, for if they be old and haue no pleasant and quicke odour, they are nothing worth. Take (I say) of these swæte Saunders beaten into fine pouder, an ounce, and put it into an ounce of your swæt Mariozum, rubbed between your hands, as before is saide, and if you put one or two graines of Huske therevnto for your waring Linnen, it is the better: sowe these vp in a silk bag together, & lay it among your linnen: of such bags haue a dozen

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or two, which there will continue many yeeres, and when you looke to your linnen, then chafe each of the bagges betweene your hands that they may yeld out their sweet odor. Moreover, in the Sommer time gather redde Roses in faire weathur, so sone as they be blowne and opened, lay them vpon a table, a bedde, or faire floore of boarde, and nowe and then remoue them least they molde and ware fustie. When they are dry, picke off the leaues, that you may haue two pecks of them, then strawe them among and betweene the boughts and foldings of your linnen, with one handfull of dry Spike flowers to sixe handful of dry Roses, and lay your sweet bags amongst them. Be sure that you linnen be never through dry ere ever yee lay the vp, or else the Roses will ware hose: set your coffer in a dry ayre, and in the winter time or wet weather, when you perceiue your robes to ware moist, then put them in a pillowbore or twaine, that they fall not out, and lay them vpon your bed betwene the couerlet and the blanket all night, or els before the fire, let them dry and straw them againe. Moreover, yee must alwayes haue a bagfull of dry Roses in store, kept in a dry ayre: for if hee lose his rednesse, then loseth the Rose his sweetnesse. Finally, you must every yere put away your old Roses, and occupie new, but keepe your sweet bags still manie yeeres.

To make a Pome-amber. chap. 44.

Take Beniamin one ounce, of Storax Calamite halfe an ounce, of Labdanum the eight part of an ounce, beat them to powder, & then put the into a brazen lade, with a little Damaske or Rosewater, set them ouer the fire of coales til they be dissolved and be soft like wax, then take them out and chafe them betweene your hands as yee doe ware: then haue these powders ready finely searced, of Sinnamon, of Cloues, of sweet Sauunders, gray or white, of each of these thre powders halfe a quarter of an ounce, mire these powders with the other, and chafe them well together, if they be too dry, moisten them with some of the Rosewater left in the lade, or other: If they ware cold, warme them vpon a kniues point ouer a chafingdish of coales: then take of Amber-greece, of Huske and Ciuet, of each thre graines, dissolve the Amber greece in a siluer spone ouer hote coales, when it is cold make it small, put to it your Huske and Ciuet: then take your Pome that you haue chafed and gathered together, and by little and little (with some sweete water if neede bee) gather vp the Amber, Huske, and Ciuet, and mire them with your hand, till they be perfectly

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fectly incorporated, then make one ball or two of the lumpe, as yet shall thinke good, for the waight of the whole is aboue two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a curtesie of Storax liquida, and therwith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Draganthum readie dissolved in sweete water, it will be dissolved in two dayes, and with that gather your ball with the heate of the fire: this ball will be of like godnes within as without, and of great priece.

Some men put in the making herc of these or foure drops of Oyle of Spike, beware of too much because it is very strong.

When you will haue your ball exceed in sweetnes, breake it and haue two or thre graines of Muske, or Civet, or Amber Grece, as you delight in, or altogether: Dissolve them in Rose or Damaske Water, and with the same chafe your Ball ouer the fire, till it bee dronken in, then pearce a new hole, as before.

To make a fine Fumigation to cast on the
Coales. chap. 45.

Take of Beniamin one ounce, of Storax Calamite halfe an ounce
dissolute them as so to a Pomeamber: then haue ready these woodes,
powders, or one of them, Ginger, or Cypres, or of white Saunders,
and Cloves, of either halfe a quarter of an ounce, all in fine powder:
mire them all together, of either halfe a quarter of an ounce, all in
fine powder: mire them all together, and with some Storax liquida
gather them together with the heate of fire: then make them round,
of the bignes of a blacke sloe, & with your seale print it a cake while
it is warine and soft.

Of these cast one or two vpon a chafingdish of coales, to purge all
pestiferous and corrupt ayre out of your house: if you put to the o-
ther things the powder of Amber beads, it will be the sweter. Some
put also Labdanum, as before said in making the Pomander, herin-
dog as the saavour shall please you.

To make the same in Oslets: chap. 46.

Take a little of fine powder of Hallowe, of willowe coales, mire
with it some of your fumigation last before named, in the making,
and worke them well together, then fashien it with thre or foure fete,
like a Cloue, and when it is dry, kindle the end of it at a quicke
coale, and it will yelde a sweete saavour: put not too much coales
so y

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for then it will sauour of them, put not too little coales, for then it wil not keepe fire, put not too much Stoza liquida, for then it will be too brittle and too moist, and will not lightly dry: therefore it shal be ver ry well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabick: dissolve some of it into swete water, till it be liquid and tough: with this gather your Oselets, or other Fumi gations.

A moyst fume vpon a Fuming dish. chap. 47.

Take a p[er]ce of Pomeamber, as big as a Hazel nut, bruse it, put it into your fuming dish, with swete water: put therevnto a fewe Bay leaues, as much of dyed Hazel leaues, a little Rosemary, and set it ouer the fire vpon a cupboard, or else in sted of the Pomeamber, put two or thre of the Cakes before written, broken small, and nine or ten whole Cloues: and if you will haue it excellent swet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as before is said.

A Fumigation for presse and cloathes, that no Moath shall
breede therein. chap. 48.

Take of the wood of Cypres, or of Juniper, of Rosemary dyed, of Stoza Calamite, of Beniamin, of Cloues, a like waight, beaten into fine pouder, then take of the pouder of Wormwood leaues dyed, as much as all the others, mixe them well together, cast thereof vpon a Chaffingdish of coales, and set in your presse, and shut it close: and thus doe oftentimes, till you haue well seasoned your presse or cofer.

A perfume for a Chamber. chap. 49.

Take Rosemary, swete Marjoram, Bayleaues, of each a hand full, a peniwoorth of Cloues, Vineger, and Rose water, a sufficient quantity, boile these in your perfuming pot, which smell is swete and wholsome.

A perfume of Damaske. chap. 50.

Take Stoza Calamite froure ounces, Beniamin, Labdanum, froure ounces, Sinaimon one ounce, Muske foute graines, Cloues a drame, Rose water halfe a pound, stamp them together, and when you will occupie them, put them into your perfuming pan, and boile them.

An odiferous sweet ball against the plague. chap. 51.

Take Stoza, Labdanum, of each a dram, Cloues halfe a dram, Camphire halfe a scruple, Spikenard a scruple, Nutmeggs a dram, of

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of all these make a past with Rosewater, tempered with Gun Dra-
gagant and Gun Arabick, stirring and bruising them well, of this
past make your balles, and warme them.

An odoriferous white powder. chap. 52.

Take Irios elect thre ounces, White Saunders two ounces,
Damaske Roses, Lignum Aloes, Beniamin, Cipri Alemand. of
each two ounces, Muske four graine, Ciuet three graine, beate
and sift them by themselues, and incozpozate them in the same mo-
ter you beate them in, and kepe it in a vespell well stopped.

A fine redde powder. chap. 53.

Take Damaske Roses two ounces, Sandali Attrui one ounce,
Ligni Aloes, Ligni Alemand. of each a graine, fine Muske three drams,
Ciuet two drams: mire them and beate them, and kepe them toge-
ther, as before.

A sweete blacke powder. chap. 54.

Take Cipri Alemand. Ligni Aloes of each halfe a dram, Sandali
Citrini, Damaske Roses, of each an ounce, Cloues thre graine,
Muske thre graine, and as much Ciuet, beate these together, and
kepe them close in a violl well stopt.

A powder wherewith to make sweete water. chap. 55.

Take the wood of Cypresse, or the roote of Galingale one quar-
terne, of Calanus Aromaticus one quarterne, of Drage or Iris one
quarterne, of Cloues one quarterne, of Beniamin one quarterne: or
ye may take of each of these ounce for a portion, let all be beaten in
to powder, and when ye will distill your Roses, fill your Still with
Rose leaues, and a fewe Spike flowers, and upon the top of some
Rowe some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana, to the other
powders.

These Takes wil be very sweete, put the water in a large glasse,
and to the pot put twelue graines of Muske, let it hang in the midst
of the water, in a thin linnen cloath with a thred, set it in the Sunne
twentie or thirtie daies, then take the glasse in, & set it in a drye ayre,

Conclusions and rules to be vsed in distilling, and the ordering
of each hearbe or flower before they be
distilled. chap. 56.

First, a soft fire maketh sweet water, and the sweetnes to continue
strong.

The Closet, or Treasurie,

Secondly, coales still the best water.

Thirdly, wash nothing that you will still, but wipe it with a clean cloth. Fourthly, all hearbes, flowers and seedes, must be gathered when the dew is off them.

5 That which you will still, must lie at least sixe houres before you still it.

6 All Spices corrupt your water, except Amber, Greece, Ciuet, and Muske.

7 Scumme your water well.

8 Keepe your still vertie cleane.

9 Wash your still, but not often, and then dry it with a cloth.

10 The glasse still is best, the tinne next, the earth not so god as the tinne, and the leaden is worst of all.

11 Tender flowers, as Violets, Gilliflowers, and such like wold be distilled in a glasse.

12 All compositions must be stopped close before, and in stilling diligently weighed and measured.

13 Liquid waters must have greater fire, the dry & light waters.

14 Still not your glasse too full.

15 Put stoe of ashes vnder your still, that your still burne not.

16 Wipe the upper part of the stil often, but specially the ridge.

17 Diligence in looking to all things.

18 Bozage must be distilled: the hearbe with the roote chopped together.

Hysope, the leaues stripped from the stalke, when it beares blew flowers.

Canniomill, the hearbe and flower chopt together in the middell of May.

Dill, the hearbe in the beginning of May.

Fumitory, the whole substance chopped, in the end of May.

Mint, either red or other, the hearbe, stalke and leaues chopped, in the middle of May.

Roses, the flowers, cutting away the white endes.

Rosemary, the flower, bud, and leaues, stripped from the stalke in May, in the flowzng.

Sentoric, the hearbe and flowers chopped in the end of June.

Violets, the flowers in Apill.

Woodbind, the flowers in the beginning of June.

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To make water of the same colour of the flowers
that you distill. chap. 57.

First, distil your water in a Stillitozie, then put it in a faire glasse, and take the buddes of Roses, and cut away the white, and put the leaues into the stilled water, then stop the glasse, and put it into the Stillitozie to still, putting hearbs into the still for feare of burning. After this, straine the water from the leaues, and scum it well.

A compound water to perfume gloues, or
other things. chap. 58.

Take Damaske water double stilled, a pounde, Muske tenne
graines, Civet thre graines, Amber Grece four graines, beate
all these together to powder, and put it into the water aforesaid, and
stop it close, and vse it without any moze stilling.

To make Damaske water. chap. 59.

Take Damaske Roses and redde Roses, of each a handfull, let
them dry sours hours in the shadow: then take two drams of Lab-
danum, Nigelle Romanæ, two peniworth, Irios halfe an ounce,
Storax two drams, Cloues an ounce, Beniamin, Calamus Aro-
maticus, Nutmegs, of each halfe an ounce, Mariorum, Bazell, of
each halfe a handfull: bruse the spice, and put it in Palinsay, or the
les thereof the space of four dayes: then distill it and scum it four-
teene dayes.

Another manner of making Damaske water.
chap. 60.

Take of Arace, or Iris, of Spike flowers dryed, of Cloues, of
each an ounce, make them in powder, put them together, with a
pinte of newe Ale in Coznes, and one pint of Rosewater in an ear-
then pot, put thereto a great many of greene Rose-leaues, let them
soake in a night time stopped close: in the morning when you shall
distill, first lay other Roseleaues in the bottome of your Stillitozie
for feare of cleaving to, then take of the Roseleaues out of the potte,
and put them with other greene Roseleaues, in your Stillitory suffi-
cient, and to the water put Muske, as is aboue said. This water is
excellent to set forth a Tart, or Apple Boyse, or Almond butter.

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To make a sweet Damaske powder four
manner of wyes.

Take two or threé handfull of dyed Roseleaves, two graines of
Muske, halfe an ounce of Cloues, and beate all these to powder.

2 Another way.

Take sixe ounces of Drage, four ounces of Cloues, two ounces
of Stozax Calamite, an ounce of Labdanum, with two ounces of
yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of Cloues, four ounces of Sprunce, four oun-
ces of Stozax Calamite, four ounces of Roses, threé ounces of Ben-
iamin.

4 Another way.

Take threé ounces of Cypres, four ounces of Beniamin, two
ounces of Coliander or Labdanum, threé ounces of Stozax Cala-
mite, two ounces of Roses, beat all to powder.

To make Pepper soft: with the vertue of the same.

You shall doe this after the same maner as is shewed for greene
Ginger, in the 15. Chap. that is, with sand, and the like firrope, sea-
son and keepe them. Ginger and Pepper in firrope comforsteth a cold
stomacke, and helpeth much to god digestion.

To keepe Barberries.

Take clarified Sugar, and boyle it till it be thicke, which you
shall perceiue, if you takc a little betweene your fingers, it will rope
like byrdlime, then put in your Barberries, and let them boyle with
a soft fire, vntill you perceiue they bee tender: then put them in a
glaſſe and couer them, and so keepe them.

The



The knowledge of the names and naturall
disposition of diuers diseases, that most commonlie
happen to molest and greeue the bodies of men
and women.

Chap. 59.

Elefancium, is an euill which is easie to be knowne.

2. Gout Cain, is *Morbum caducum*, that is to say, the fal-
ling sicknes.

3. Spulencia is the same euill, or very little difference.

4. Lytargium, is a perillous euill, for he that is therein, is alway
sleeping: for it hath bene seene, that a man in that euill hath slept
himselfe to death.

5. Squin ancia, is an euill that is in the throkebowle, and when it
taketh all the neck, it is signe of death, except medicinе helpe.

6. Sciatica passio, is a passion that sitteth in the Wirrell-bone
of the hip, and holdeth his course betwene that bone and the Ridge-
bone, and then falleth, but his abiding is most in the Wirrel-bone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it
shoteth it to all the guttes, and into the flanke, but his most paine is
principally in the Arse-gut, and that stoppeth both wind and water.

8. Postema, is in diuers maners both within the skin and with-
out the skinne, and within the body, for all maner of things that swel-
beare out the flesh, and therfore all maner of Boyles, Botches, Fels-
lions, & other such like, may be called Postema, as well as those that
be vpon the stomack, or on the lungs: There be some that beare pro-
per names, as Peria plonna, the which is an Impostume that is vpon
the lungs, that engendreth a passion, that is called in Latine Aspi-

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ratio or Respiratio: and it is called in English, harde drawing of wind: that when a man hath much paine to draw his winde, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hote and dry, and that maketh a man to cough.

9. Pleuresim, is another Impostume that lieth vpon the sides, and vpon the ribs, and aketh soze. And he that is so diseased, commonly he is coughing: and the humor is red, and they be much waking, and may not well lie on that side.

10. Also there is an Impostume, that is called in Latine Antrix, and Antradic: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out of byles and Fellons when it is rotted.

11. Tuna is a white watry Skall, and Acorias is a dry Skall.

12. Caries is in a manner of an Impostume, that is like a Wart that bringeth forth a long haire, or two or thre.

13. Caries is the rooted head of a tre.

14. Derias is a Wart. And Cittitis is called an Impostume, as it is said here before.

15. There is an euill that is called Ritteria, and there be two of them: that is to say, the black & the yellow: and especially the black, which commeth of the chasimg of the lyuer.

16. Also there is an euill which belongeth to women, that is called Menstruous, the which is a fluse of bloud: And there is another that belongeth to women, that is called, the Payne of the Matrice, which containeth from the Matrice to the priuy member. But the Matrice of it selfe is like a thre cornered purse, as it may be made in figure: And that hangeth by certaine stringes by the ribs, and by the intrailes, and so it stretcheth downe to the priuy member, which is called the mouth of the Matrice. You shall understande that the Matrice hath in it selfe nine foldes, which falleth like pleats of cloth, and in those pleates falleth the seide of man, and therein is it nourished, and therein is the child conceiued, by reason wherof it might be possible that a man might get on a woman nine children at once, and if they were of such complexion that the woman might conceive in every fold a child, and if it fortuned the seide of man to fal even in the pleats,

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pleates, as it may fall: And if it falleth on the one side it getteth a man-child, and if it falleth on the other side it getteth a woman-child, and if it fall even in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and godnes of his secrets.

17. Also, there is a malady that commeth of the Childe's birth, and that is when the child commeth forth, there commeth therewith a skinne, the which is engendred of the seide of man: And it lieth in the Matrice, and it is deuided in two parts, wheresof one commeth to cleane blood, and afterward engendreth to a pice of cleane flesh: And then that flesh putteth from him a white thick matter, & that matter engendreth a skin, which skin taketh and wundeth in the cleane matter aforesayd: and euermore as the child formeth and wareth, even so the skin wareth with it. And the same skin is called the Secundine: and it keepeth the child from many perils that should fall thereto, if that were not: for it closeth in the child, like as the Shell incloseth in an egge: for first the Shell of an egge was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth vp the Child: and when this Secundine is any thing pearced or hurt: then is the child borne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which sayth that there be five principall thinges that hindereth the birth of a Childe. Wheresof one is, when the woman with childe is very sore wrought and angry. The second is, when she is smitten with a stasse. The third, is ouer much fasting. The fourth, is a great flur of her wombe. And the fift, is a fall vpon the wombe: for all these thinges hurt the Secundine, and maketh the Childe to be borne to sone, which destroyeth both the woman and the Childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine cull for to heale: and if it be not well taken away of the Mid-wyse. And except shee doe her endeour well, then it will rotte, and make a woman great as though shee were with child.

And then there is another disease, that is, if it fortune that the childe be dead in the wembe, that hath a proper name in Latine, and is called Fetus, of what kind so ever it be, & if it be dead it may be said so, and in English it is called a dead child: wherefore all maner men

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I charge in Gods name to take hēd whatsoeuer ye be that read this Treatise, that ye blaspheme not, nor despise this, being the woks of God, whereby ye may plainly understand how ye were brought into this wold.

18. Also there is another malady, that is named in Latine Caminus appetitus, or Morbo Camino, that is, when an unkindly heat is in the stomack and in the body. And so the moisture that shoulde be in the stomacke, fauneth away, and the heate bringeth vp the moisture, and he that hath that malady is very costiue.

19. Also there is another malady that is caſſed in Latine Etica passio, that is, an euill that maketh a man to dry and vaniſh away: And in English it is called the drynesſe: howbeit the proper name thereof is Etick, and the man that hath that ſicknesſe ſhall conſume away, but yet he ſhall be euer eating, and it is very tokenes of mortal death.

20. Also, there is another diſease properly caſſed in Latine, Fluxum ventris, which may be vnderſtoode in English, all manner of nely wombed people, otherwiſe caſſed the bloody flure.

21. Also there is another flure, caſſed in Latine, Lienterie, this is a flure of the womb, and this commeth when the stomacke is all ſliper, and the matter goeth away vndesiered.

22. Also, there is another that is ſaide in Latine, Desenterium, and that is when the guts make ſquaines in the manner of ſhauing of guts, and no other as men ſhall heare after.

23. And there is another diſease that is caſſed in Latine Thenaſmon, & that is even contrary to that before, for Thenaſmon is, when a man is very costiue and hard wombed.

24. Also, there is another infirmitie that is caſſed in Latine Emorandes, and that is of great abundance of blood, and there will arife ſmall teats, as it were warts, that will lie within the fundament vp on the gut, and without both.

25. There is another that is caſſed in Latine Exituum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a ſore euill.

26. Also there will come out of a mans nose much foule filth, and thereof great abundance, ſome like gobblets of flesh, right in his kinde, like as Emeraudes will doe, and that is caſſed in Latine, Polipus.

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27 Also there is another disease or maladie, that is called in Latine Malo mortuo, and the soze that commeth thereof is called in English a Pozmall, but knowe yee well, that his beginning is of a Melancholie in the bodie of man: and it is taken for one of the spiccs of the Scab: and properlie it commeth of a naturall Melancholie, when it is putrifid and corrupt of naturall melancholy, and in some men it is mingled with lawle fleame, and be both gendred together of two long usynge vnwholsome meates: And sometime it commeth of the stopping of the Spleene. For when the spleene may not receaue the Melancholie, then by his humors he is heauie of waight, & pres-
seth it downeward to the legges, and then beginneth the pushes to
broke out, and they be called Malum mortuum. Another cause why
it is called Malum mortuum, for it maketh the members as it were
dead, or else that it were flesh: And it is called so because it is not so
quicke in woxing as other sozes be, neither in engendering of new
flesh, nor mattereth not as other sozes doe, but alway is hote & dry:
and moreouer, it will not away till a man die, except he be the moze
warie, and it sooner taken heede to. For the Melancholie is the on-
lie cause thercof: And his culour is to be swarth, and as it were a
partie blew, and hard: and commonlie it is full of stones and harde
dead flesh, and there will goe out thereof in a manner of a red wa-
ter, like as if there had beene raw flesh washed therein: and it will
close in many places, and when it is closed in one place, it wil break
out in another: And when it is surely of the melancholie, the pushes
will be black and blewe, and the place will itch soze, and be full of
dead flesh, and with lawcefleame it will itch: also it will be full of
sozes and boyles arrising therupon. Also take heede of his digesti-
on, for it will be of great culour, and much quantitie of vaine and
thicke. And know well that he that suffereth it, an euill commonlie
hauntesth him, that is called in Latine Dediamine, and al they which
are infected with that maladie, there will appeare haires therupon,
as doth vpon a Leaper, but vpon this maladie y haire shalbe blacke,
and vpon a Leaper the haires shall be white and redde: And a nat-
rall knowledge and a true description are all these afores rehearsed.

The Closet, or Treasurie,

Diuers necessary obseruations, both Phisicall and
Astronomicall. chap. 62.

Wherewer, it is to be vnderstoode, that every month in the yere, the Moone hath her course in one of the twelve signes: and in euerie signe the Moone is two dayes and a halfe almost. And yee shall know also, that the twelve signes have government of every man and beast in the twelve parts of the body. And whiles the Moone is in euerie signe, & if the bosome be let blood, or els wounded or burnt, all the medicines that are cannot serue in that signe that hath the government of the place of the body, and it is maruell but that the body be sone dead, or else distraught for euer.

Aries hath the government of the head and face.

Taurus the neck, the throate, and the knot of the throate.

Gemini the shoulders, armes, and hands.

Cancer the breast, the stomack, the ribbes, the lungs, & the Milt, in the upper part of the breast.

Leo the hart, the stomack, and the ridge in the nether part of the breast.

Virgo the wombe, with the entrailles and the paunch.

Libra the raynes, the loynes, and the web of the skin, that conserueth them, with the haunches and buttocks.

Scorpio the priuie members and the fundament.

Sagittarius the thyrs.

Capricornus the knees and hammes.

Aquarius the legges from the knees to the ankles.

Pisces the wistles and the feete.

Also it is to be vnderstoode, that a Laxative must be taken when the Moone is in Cancer, or in Scorpio, or in Pisces, & when the wind is in the South, then is it best tyme to take a laxative.

Also if ye shoulde afflict the medicine, make it in the signe reten-tione, as Taurus, Virgo, and Capricornus, and when the winde is in the North.

Also when he shall be let blood, looke that the Moone be in a signe attractive, as Aries, Leo, or Sagittarius. And looke that it be not in the new Moone, neither in the old Moone too neare the change. For in the new Moone the blood is waring, and in the old Moone the blood is wayning, and therfore take a full moone.

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Also if ye will give a digestiue medicine for to defie any humors, give it when the Moone is in a digestiue signe, as in Gemini, Libra, or Aquarius; and if ye worke by this teaching, yee shall doe much the better, or els it will not goe by reason.

Also, beware in these dayes in letting of blood, that is to say, in the Canicular dayes, the which begin eightene dayes before Lammas vntill xxv. dayes after Lammas, for they be titled in the Ba-lender. It is to be vnderstood, that euery day beginneth at high noone, as the Sonday beginneth his first houre on the Saterday before afternoone. And the Sonday, after the day, beginneth before the Sun rising at every day. It is to bee vnderstoode in the Sunne rising of euerie day in the first houre of the Planets: as to account after the Planet, the which Planets the dayes were marked in olde time. For in Latine & French they haue takeyn their names kindlie after the Planets, but in English not so. Sonday taketh his name of the Sun. Sonday of the Moone. Tuesdays of Mars. Wednesday of Mercurie. Thursdays of Iupiter. Friday of Venus. Saturday of Saturnus. And in this order yee shoulde account the houres of every day by the Planets. If it be Saturday, the houre at Sunne rising, whiche that day governeth, by Saturnus, the next day after by Iupiter. And so in order reckon out the seauen Planets. And rise as olte as needeth, vntill the fourc and twentie houres be fully spent. And thys is the course of all the Planets of all the yeere. And if ye be let blood, then looke that ye bled in a god Planet, with the signe that ye be taught to bleede in. Iupiter and Venus be god Planets to bleed in, and Saturnus and Mars be naught: and the Sun and the Moone and Mercurie with good Signes they be good, and with badde signes they be bad. They be called good Signes that be sanguinious, and they that be Melancholious be called bad Signes: and they that be Cholericke and Flegmaticke standeth in meane: And therfore beware and keepe your rule, as it is sayd before.

The Closet, or Treasurie,
Certaine secrete remedies appertaining to Women.

To make a woman haue her flowers. chap. 63.

First looke that the woman be not with childe: then take of the roote of Gladen a good quantitie, and boyle it in Wineger, or else in wacie till it be tender: and after set it on the ground in a vessell, that the woman may stand ouer it, and let her stand close ouer, so that the heate may strike vp into her body, and this shall helpe her: for this faileth never. probatum est.

For the suffigation of the Matrice, and for the falling of the same. chap. 64.

Take Aspaltum, that is, Tarre of Indie, and cast it vppon the hote coales, and let the woman receive the smoke into her mouth, and into her nose, and it shall drue the Matrice downe anone.

For sore falling of the Matrice. chap. 65.

Take the same powder aforesaide, and cast it on hote coales vnder a siege strole, and let the woman sit ouer it, and stewe her with the fume, and stop the siege strole close with clothes, so that there goe no ayre out, and it shall drue the Matrice presently, the sauour thereof is so effectuall. probatum est.

For the Flowers to be brought out shortly. chap. 66.

Take the roote of Gladen and make it cleane, and shred a good quantitie there small, and put it in an earthen pot, and put thereto a good quantitie of Vinegar, as need requireth, and then take a couer and couer it close with paste, but let there be a hole in the middle of the couer, and the couer be of a dilly meete for the pot. And let the hole be no moze but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no ayre goe out, vntill that time that the rootes be soft. Then take it from the fire and let it coole till the great heate be past, so that the woman may suffer it: and looke that thou haue a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that contreth the pot, and vnsstop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp thorowe the siege, that the woman may receive the other end of the pipe into her bodie, as warme as shee may suffer it, so that the heat may strike vp into the Matrice, and it shall open the Matrice, and she shall haue deliuerie right soone: and as soone as she knoweth that it commeth, doe it awy, and she shall be whole by the grace of God,

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For the Mother rising vpward.

chap. 67.

Take halfe a pinte of Palmesey, and sette it vppon the fire in a
peece, and dissolue therein 3 s. of Assafetida, and let it stande so ouer
the fire the space of two Creedes saying, and then give this to the
woman to drinke, and it will put downe the Mother presently.

For the Mother that riseth vpon a man.

chap. 68.

Take Ambrose, called wilde Suger, and drye it in the Sunne,
and make a powder thercof, and when the Mother riseth vp to the
heart, give him to drinke a quantitie of that powder with a little
Warme liquoꝝ, and it shall boyle anone.

To bring forth Termes. chap. 69.

Take Organum and boyle it in Wine, and emplaister it to the
privie member. Also take Cotten and wette it in Turpentine, and
make a Suppositoꝝ. Also take Calamint and Peniroyall, & boyle
the same in Wine, and let her drinke thereof. Also take Parsnip,
and Aristologia longa, and boyle them in wine, and give the sick to
drinke, or els make a Suppositoꝝ, and it taketh away the ache of
the Matrice, and spedily bringeth forth the Secundine, & prouoketh
the Learmes.

Another.

Stew her with these hearbes, Organum, Calamint, Sauine,
Maderwoort, Peniroyall, rootes of Lillie, and Hadder, and make
a Pillary. Or else Nagdation, and put it in a strong linnen cloth, &
put it into her Fundament.

Also, take Dyle that a Goorde is sodden in, and make Suppositoꝝ,
rie, and it maketh prouocation anone.

Also take Garlick and stamp it, and boyle it in Dyle, and put it in
a bag of linnen cloth, and thereof make a Suppositoꝝ.

Also Sianamon and Pirre boyled in water, and drinke, putteth
away the Secundine.

Also, take Dyle that is made of Lillie, and give to the woman to
eate with bread, or a Suppositoꝝ made thereof, there is none like
thereto in all manner kinds to helpe the Matrice.

Also

The Closet, or Treasurie,

Also for feare least the mouth of the Matrice were hurt with any thing, with any anointing: Take oyle of Bay, Oyle of Suliol, or oyle Muskill that groweth on an Oak, and there-with annoyn the place.

A good bath for the Flowers, prooued. chap. 70.

Take Sauine, Juniper, Calamint, Penitroyall, Motherwoort, Peritorie, Peliter, leaues of the Bay tree, and boyle them toger-
ther in water, and bathe the woman therin many times, and shee
shall haue her termes at her owne mind and will.

Also take an Egge and rost it soft, and put therein Arsafetida, and
let her sup it vp when she goeth to bed, and she shall speed anone.

To bring forth the Secundine, and to cleanse the
Matrice. chap. 71.

Take Mallowes and Holihocke, Wormewod, Pugwoort, Ca-
lamint, and Organum, and make her a bath with water, and let her
sit therin aboue the Pauell, and let her strike euer downe-wardes
with her hands, and it will helpe.

Item for the same.

Take a Goates skinne with the clawes and the hayre, and cut
it verie small, and cast it into a fire of Charcoale made in a pan un-
der a siege-chayre, and let the ayre smite vp into her body, and shee
shall haue helpe.

For the same.

Take Cassio, i. Enforbium, 3 s. and make them in powder,
and take of the gall of a Bull 3 ii. and of the iuyce of Rue 3 i. And
mingle them together, and then put thereto the powders aforesaide,
and make a Suppository of Cotten, and wet it in the confection, and
put it in, and it will bring forth the Secundine, and prsucke the
Menstrues.

Another.

If a woman haue good purgation in her chylbed, let her drinke
the shauing of Harts horne in wine, and it shall doe her easse.

To cease a womans Flowers. chap. 72.

Take the iuyce of Plantaine, and put thereto the powder of Bole
Armoniack, and mingle them well together: then take Cotten and
open it broude, and wet it in the confection, and make thereof a sup-
pository, and it shall cease the fluse of the Matrice.

To

of hidden Secrets.

To bring forth flowers, and the Secundine, and a dead child. chap. 73.

Take faire Dates, and seeth them in faire water while they be well sodden, and then take the water and make therof a bath, and let the woman sitte therein vp to the hart, and bathe her wel in that water, and it shal bring forth her termes, and the Secundine, and deliver her of a dead childe, if she haue any in her wombe.

Another for the same.

Take Aunce, and saeth it in Wine, and make a plaister, and lay the same vpon her Pauell. Or else take the croppes of Aunce and seeth them in wine, and make thereof a Suppositoie, & it will dos the said cure.

Another for the same.

Take the iuyce of Dittaine and mingle it with powder of Casto, and make, a Suppositoie with Cotten.

Another for the same.

Pill a clove of Garlick, and put it into her, and it shal bring forth her flowers soone. Or els seeth Garlick, and let her sit in that wa- ter vp to the nauell, and soke her well therein, or else make a Sup- positioie of Garlick sodden in oyle.

If a woman haue too many flowers. chap. 74.

Take the fote of an Hare, and put it in a newe earthen pot, and burne it to powder, and let her drinke of that powder with warme Ale, or with warme wine vntill it be ceassed.

Another for the same.

Take the middle barke of the Cherrie tree, & put away the gray barke that is without, and take the greene barke and stamp it small, and give it to the woman with a little warme ale to drinke, and it shall stop the flowers. Probatum est.

Another for the same.

Take the iuyce of Bursa Pastoris, and the powder of Sanguis Dra- conis, and make a Suppositoie thereof, and it shall cease.

For to clese the Matrice. chap. 75.

Take a Suppositoie of Cotten, and annotit it with Turpentine, and it clenseth the Matrice of corruption.

For to ease flowers, and for faintnes and casting in child-bed. chap. 76.

Take the leaues of Birch, and make small bundels therof, & seeth them

The Closet, or Treasurie,

them in Vinegar, and make a plaister therof, and lay it to her share, and to the raines, and if disenterie be in default in the vpper gutte, lay the playster vpon her stomacke.

Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take **Sinamon**, **Annis seede**, **Fennel seed**, **Cummin seed**, of each a quarter of an ounce, of **Shauen Liquozas** thre quarters of an ounce, of **Galingall**, one ounce and a halfe, of **Spikenarde** a quarter of an ounce, of **Seene of Alexandria**, two ounces: beat them into fine powder, and serue them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly solluble, causing a gentle laske: easie for any one to take. chap. 78.

Take **Seene of Alexandria** one ounce, of fine **Ginger** halfe a quarter of an ounce, of **Annis seed** a quarter of an ounce, beat them into fine powder, and put them into sodden **Suger**, and make loosings (as before) of the whole, the number of sixteene, whercof dissolute two of them into a messe of pottage, or in a cup of **Wine**, fasting in the mozning, and fast an howre after. If you do put as much **Suger** in powder, ye may keepe it in a bladder, and the whole powder wil serue eight times to receave: as even now is sayd.

A receipt to restore strength, in them that are brought low with long sicknes. chap. 79.

Take of the **bzalwe** of a **Feasant** or **Partridge**, or of a **Capon** sodden or rosted of each a quarter of an ounce: keepe them in Rose-water two howres, of the kernels of **Nuts**, called **Pistatiozum**, and of the kernell of a **Pine Apple**, of each a quarter of an ounce, of **Sinamon** in fine powder the weight of twenty barley cornes, of the spices of **Dianthos**, **Diamargariton**, **Letiscentes**, **Galen**, of each the weight of sixtie graine of **Barlie** cornes, of the seede of **Hillion**, **Pepon**, **Goozd**, and **Cucummer**, of each the weight of tenne graine the skinne faken of, let them be all grounde small, then take six ounces of **Suger** dissolved in **Borage** water, seeth it on hight, as for loosings, and when it is sodden enough, then put in all the other geare, and make Loosings therof. Whereof one is sufficient at once dissolved in a messe of pottage, or a draught of **drinke**. Thus doe two or thre times every day.

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To make Loosings. chap. 80.

Take halfe a pound of Suger, and as much Rosewater, or other distilled water, as soz Manus Christi, steth them likewise, and when you wil knowe when it is sod enough, take out some vpon a kniues poynct, and let it coole, and if it be hard like Suger, then it is sodden enough. Then put into it powder of Ginger, Synamon, or Nutmegge: Stirre them well together, lay it vpon a paper oyled, dñe it as thinne as yee thinke meete, lay on your gold leafe with a Connies tayle, cut your Loosings Diamond fashyon, and so keape them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rosewater, or Damask water, till the scurfe of the Leather be gone, and then stretch them forth softly, and keape the water you wash them with still, the hang them vppre to dry, and then lay them in a linnen cloth, that is folded thre or fourre times double, and when they bee dry, let them lie in Roseleaues dryed a day or two, then take oyle of Ciuct Almondes and Huske, and grinde them together vpon a Marble stome, stretch them forth softly, and with your hand anoint your gloues thre or fourre times, and ever among stretch them forth as they dry. Then take Sandifer mixed with a little Amber Grece, and stroke the powder of it thinly vpon them, and lay them in a paper and in a bex: or els melt the Amber Grece, in a quantity of Rosewater, and mixe them dry, and lay them in faire white paper.

2. To perfume Gloues another way.

Take the Gloues, and wash them as aforesayde, thre or fourre times, and wring them every time softly, then take Gum Dragan, and stape it in fine Damaske water one night: Then straine the water through a fine linnen cloath, and take Gum and mixe it with an ounce of Amber Grece with Oyle of Turpentine: Then mingle all together, and roule your gloues with the same: lay them to dry, and lay a paper betwene.

3. A preparatiue for Gloues.

Wash the Gloues, as aforesaide, till the sent of the Leather bee gone: Then take of Beniamine two ounces, of Stozare Calas-

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mite one ounce, let them be very fine: then take Oyle of Civill Almonds, and mingle it with Beniamin and Stozar vpon a Marble stone. When it is well ground, put it into an earthen pot with oyle of Ciuet Almonds, then put in Cloues in powder, and so let it stand close couered: & when you need take a little Rosewater in a spunge, and rub the Cloues softly, and then in like manner, with the Oyle called Ciuet, for the same purpose.

4 Another way.

Take twelve graines of Muske, sixe graines of Amber Grece, thre graines of Stozar Calamite, sixe graines of Beniamin, and a few Cloues: grind all these together with oyle of Ciuet almonds. First, wash your cloathes with fustes dissolved a day in Damaske water.

5 Another for Gloues.

Take your gloues and wash them in Rose water once or twice, till all the scurfe be gone from them, and then let them dry, and stretch them wel out, fingers and all. Then plaine them, and wash them once or twice: Then take two ounces of Stozar, and as much Beniamin made in powder, drye your gloues all ouer, on a smooth bord before they be dry: then hang them to dry, and when they bee dry, saue the powder that is left.

Then take a pint of Rosewater, and two ounces of Stozar, and two ounces of Hinammon, put all these in powder, and cast them to the Rose-water, and let them seeth in a close posnet couered. Then take a fine brush, and brush them ouer.

6 Another way to perfume.

Take Amber Grece a dramme, of Muske halfe a dramme, of Fustes a dramme, of Ciuet halfe an ounce, put all these together in a pinte of Rosewater, or Damaske water.

7 Another way.

Take a dram of Amber Grece, a dramme of Beniamin, halfe a dramme of Fustes, a dramme of Stozar, a quarter of an ounce of Labdanum, put these in Rosewater.

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A perfume for Chests and Cupboordes, and also
for Gloues. chap. 82.

Take Beniamin and Storaxe of each an ounce, Labdanum and
Fulles, of each a quarter of an ounce, halfe a dram of Civet: if you
burne it for Chestes, or Cupboordes, beate it in a hote morter: if it
be for Gloues, boyle it, and put it to Rosewater.

To culour Gloues. chap. 83.

You must haue hulles of greene Walnuts, that must lie in wa-
ter all the yere long, role them well with these hulles, and make
them as deepe a culour as ye may.

How to culour Gloues yellow within.

To culour gloues yellow within, take the yelks of twenty Eggs
and put them in a frying pan with a soft fire, stir them euer, & bruise
them with a Ladle, and the oyle that ascendeth of them, beeing an-
ointed on the inside of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and sixe pound of stone chalke,
fourre pound of Deere suet, and put them in the lie in an earthen pot,
and mingle it well, and keepe it the space of sixtie dayes, and mingle
and stirre it three or fourre times a day, till halfe be consumed, and to
that that remaineth seauen or eyght dayes after, you must put a
quarter of an ounce of muske, and when you haue done so, you must
also stirre it, and it will smell of muske.

To make reddc sealing Waxe. chap. 85.

Take to one pound of Ware thre ounces of cleare Turpentine
in Sommer, in winter take fourre: melt them together with a soft
fire: then take it from the fire and let it coole, then put in Vermilion
very finely ground, and Sallet oyle of each an ounce, and mixe the
well together, and it is perfect good.

To keepe Damasins in sirrope. chap. 86.

Take Damasins, and pick them well with a knife or pinne, then
take clarified Suger, as much as you thinke will serue, and then you
must boyle it till it bee as thicke as birdlyme. Then boyle your

The Closet, or Treasurie,

Damasins in the clarified Suger till they be soft: then take them vp, and put them in a glasse: then you must boyle the Shirrope, till it be as thicke as the other was, before you put in the Damasins, and as soone as it is so thicke, you must powre it into the Damasins, and so cover them close.

A water for the face, vsed of Gentlewomen.

chap. 87.

Take Goates milke two pound, fine flower halfe a pecke, the whites of thre Egges, and make it from paste to little loues, and bake it, but not too much: then take moze of the said Goates milke, and crumme of the crummes of your breade into it, let it steepe all night, & wipe your face with a dry cloth, and then walsh your face with the said milke, and in vsing this, it will make the face shone as white as snow.

Another to make the face faire.

Take the Shearing of Scarlet four ounces, the whites of two new layd Egges, white wine two pound, Rosemarie flowers, or Rosemarie it selfe, and seeth it or still it, but if you seeth it, scum it cleane, and when it is cold vse it, and it will make the skinne looke smooth.

Another to remooue high colour in
the face.

Lymons layd in Buttermilke, is an excellent meanes to remoue
high culour in the face.

A water for heate in the face, and breaking out
with pimples. chap. 88.

Take Allum glasse two pound, the iuyce of Plantin, Purrsian, Veriuyce, of each halfe a pound, the white of twentie Egges, beate them and mire them, and distill them: which water destroyeth chassings, heates, pimples, wheales and scurffes, whatsoeuer they be.

To know whether a woman shall euer conceaue
or no. chap. 89.

Take

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Take the Ruine of a Hare, and hauing frayed and consumed it in hote water, give it the woman to drinke in the morning at her breakfast, and let her stand in a hot Bath: and if there come a grasse or paine in her belly, shee may conceiue, if not, shee shall neuer conceiue.

To make a barren woman beare children.

chap. 90.

Take of those little Sea-fishes, called in Latine Polipi, or Poli-podes, and rost them vpon the Embers without Oyle, and let the woman eate of them, and it shal profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliueraunce of her chil-dren, without paine, or at least very little.

chap. 91.

The leaves of Bittony and stamp them, or else make powder of them, and give the woman that laboureth to drinke of it with a lit-tle water, and she shal be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines fve seuerall wayes.

chap. 92.

Take Venice Turpentine washt in red Rose-water, scoureoun-tes, a Nutmeg, Plantine saxe, a yellow Amber bead, of each a like, with like quantity of Sincamon, and powder of Comfrey rots, which being mingled, role of the Turpentine in the powder, and make it in to fne Pils as big as a beane, and take them in a spone with sirrope of Rubarb, thre in the morning, and thre two houres before supper, and it will helpe it.

Another for the running of the raines.

Take Nutmegges halfe a pound, and bruse them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciaall way approoued.

Take Hazel-nuts, well pilled or blanched two handfull, Hink-field and knotted grasse, of each a handfull, scoure Camphire leaues; Stampe the hearbs, and strayne out the iuice into two pound of Bush-tadell:

The Closet, or Treasurie,

cadel: then beat the Nut kernels as small as you can, and put them in: Also take an Amber beade, & beate it to powder very fine, which being put in the winc to the rest, stir them altogether a god while: then seeth it vntill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Pip and Clarie fryed with the yolkes of thre or fourre Eggs, and taken every morning, is very good.

To strengthen the seede. chap. 92.

Take Succozie, Endive, Plantin, Violet flowers and the leauies, Clarie, Sozrell, of each halfe a handfull, with a peece of Nutton, make a good bzoath, and to eate it euening and morning is especiall good.

For the gnawing in a womans stomack. chap. 93.

Take a god handfull of Speermint, and a handfull of WORME-wood, and heat a tile-stone, and lay these two things on it, and make a little bag, and when the hearbs be hote put them in the bagge, and so lay them to her stomack.

For an Ague in a womans breast. chap. 94.

Take Hemlocke leauies, and fry them in sweet butter, & as hote as she may suffer it, lay it to her brest, and lay a warme white cotten, and it will drine them away in short space.

For breastes that be sore with milke.

chap. 95.

Take Linseed Oyle and Ware, melt them, and wet a rag thererin, and lay it to the brest warme, which will dry with the milke.

For a sore breast. chap. 96.

Take beane flower two handfull, bزانne, powder of Fengrick, of each a handfull, white Vineger a pound, thre spoonful of honey, and thre yolkes of Egges, seeth all till it be thick, and lay it warme to the brest, which will both breake it and heale it, alwaies crushing out the matter when you shifit it.

To

of hidden Secrets.

To keepe a womans breast from breaking.
chap. 97.

Take Sage, Marigolds with the blacke seede, and the sharpest nettles, of each halfe a handfull, bzuise them together, and lay it to, which will keepe it from breaking.

For the breasts broken or not.

Take oyle of Roses, beane flower, and the yolke of an Egge with a little Vnegré, set it on the fire till it be luke warme, then with a feather annoyn the place.

For the vnnaturall heate of the liuer. chap. 98.

Take Borage, Buglosse, Succorie, Violets, Fumitory, young Hop-buds, Fennel buddes, of each a quarter of a handfull: young Mallowes, and Mercurie, of each halfe a handfull, boyle these in a pottle of Whey, and straine them.

For the Canker in the mouth.

chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemarie, & seeth them altogether, and scum your Ale, and then put in a pece of Allum, as much as a Nut, and a sponefull of honey, and two sponefull of Honysuckle water.

To make the face faire, and the breath sweet.

chap. 100.

Take the flowers of Rosemary, and boyle them in white Wine, then wash your face with it, and use it for a drinke, and so shall you make your face faire, and your heath sweet.

To make haire as yellow as gold. chap. 101.

Take the rine or scrapings of Rubarb, & steep it in white wine, or in cleere lic, and after you haue washed your heade with it, you shal wet your haires with a sponge or some other cloth, and let them dry by the fire, or in the Sun. After this wet them and dry them againe, for the oftener they doe it, the fairer they will bee, without hurting your head any thing at all.

To driue away all venomous beastes from your house. chap. 102.

Take Juniper, the seede of Agnus Castus, the shelles of riner Creuises, Hartes horne, the greace or suet of a Bucke, Kerse or town Cresses, Organie & bittany, make of all these drugs a dough or paste,

The Closet, or Treasurie,
paske. And when you will use or occupy it, burne it, for whereas the
smoke therof goeth, the beasts will voyd away.

Against all poysoneaten or drunken.
chap. 103.

Having knowledge that any man is poysoned, the chéefe remedy
is to make him vomite the poysone, in giving him Dyle Dlue luke
warme to drinke alone, or mixt with warme water. And if you haue
no oyle, give him butter with hote water, or with the decoction of
Linsæds, or the seide of Pettles, or of Hemigrecum, and all these
things purge the venome as well downward as upward. After ha-
ving made him vomite divers times, you must purge him with Sharp
Glysters downward. Then give him water mixt with hony, and al-
so old wine enough to drinke. But if you can get god Treakle or
Methridate, they are the pricipalles against poysons, with Terra
Sigillata, Acoyne shels, and give it him in god wine. Let his meat
be fat flesh of old Beasts, and fat Broth especially of Hennes and fat
fish, and let him not sleepe. And in continuing with this meanes, he
shall be deliuered by the helpe of God.

To drive away Lyce. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called
Barrowes greace, boyle them together in an earthen pan or pot lea-
ded, and with this oyntment rub and ancynt the place where the
Lyce be.

How to make a soueraigne water, that M. Doctor Steuens Phisition, a
man of great knowledge and cunning did practise, and vsed of long
experience: and there-with did very many cures, and kept it alwayes
secret, till of late a little before his death, Doctor Parker, late

Archbishop of Canterbury, did get it in writing
of him. chap. 105.

The Receite.

Take a gallon of god Gascoine wine, then take Ginger, Galin-
gale, Camomel, Synamon, Nutmegs, Graines, Cloues, Mace, Ani-
sides, of every of them a dram. Then take Sage, Mint, red Ro-
ses, Lime, Pellitory of the wall, wilde Marjoram, Rosemary,
Penny

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Penny mountaine other wise called wilde Lime, Camomill, La-
uender, and Auens, of euery of them one handfull: then beat the spi-
ces small and bruise the hearbes, and put all into the wine, and let it
stand twelve howres, stirring it diuers times. Then stil it in a Lim-
beck, and keepe the first pint of the water so: it is the best: Then
will come a second water, which is not so god as the first.

The sundry vertues and opperations of the same,
many times approued.

The vertues of these waters be these: it comforsteth the spirites,
and preserueth greatly the youth of man, and helpeth the inward dis-
eases comming of cold, against shaking of Palsie: it cureth the con-
tract of sinnewes, and helpeth conception of women that be barren,
it killeth the wormes in the bellie. It helpeth the colde goute, it hel-
peth the Toothache, it comforsteth the Stomack very much, it cureth
the cold drospie, it helpeth the stone in the bladder, and in the raynes
of the back: it cureth y Canker, it helpeth shortly a stinking breath.
And who so beth this water euer among, and not too oft, it preser-
ueth him in good liking, and shall make one seeme young very long.
You must take one sponefull of this water fasting, but once in sea-
nen dayes, so: it is very hote in operation. It preserved Doctor
Stephens that hee lived fourre score and eyghteene yeeres, whereof
tenne yeeres hee lived bedzed.

To make a water that taketh off all stayning, dying and spots from
the hands of Artificers, that get them by working, and
maketh them white and faire. It is good
for them that be Sun-burned.
chap. 106.

Take the iuyce of a Lymon, with a little Bay salt, & wash your
hands with it, and let them dry of themselves, washe them againe,
and you shall finde all the spots and stayning gone. It is also verie
good against the scurfe or scabbes.

To heale all manner of inflamation, and euill disposition of the
ayre, leaperie faces, great swolen legs, or inflamed
handes. Chap. 107.

G.

Take

The Closet, or Treasurie,
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Sigillata, Acoyne shels, and giue it him in god wine. Let his meat
be fat flesh of old Beasts, and fat Broth especially of Hennes and fat
fish, and let him not sleepe. And in continuing with this meanes, he
shall be deliuered by the helpe of God.

To drive away Lyce. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called
Barrowes greace, boyle them together in an earthen pan or pot lea-
ded, and with this oyntment rub and ancynt the place where the
Lyce be.

How to make a soueraigne water, that M. Doctor Steuens Phisition, a
man of great knowledge and cunning did practise, and vsed of long
experience: and there-with did very many cures, and kept it alwayes
secret, till of late a little before his death, Doctor Parker, late

Archbishop of Canterbury, did get it in writing
of him. chap. 105.

The Receite.

Take a gallon of god Gascoine wine, then take Ginger, Galin-
gale, Camomel, Synamon, Nutmegs, Graines, Cloues, Pace, Ani-
sedes, of every of them a dram. Then take Sage, Mint, red Ro-
ses, Rose, Pellitory of the wall, wilde Mariorum, Rosemary,
Penny

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Penny mountaine other wise called wilde Time, Camomill, La-
uender, and Auens, of euery of them one handfull: then beat the spi-
ces small and bryuse the hearbes, and put all into the wine, and let it
stand twelue howres, stirring it divers times. Then stil it in a Lim-
beck, and kepe the first pint of the water so: it is the best: Then
will come a second water, which is not so god as the first.

The sundry vertues and opperations of the same,
many times approued.

The vertues of these waters be these: it comforsteth the spirites,
and preserueth greatly the youth of man, and helpeth the inward dis-
eases comming of cold, against shaking of Palsie: it cureth the con-
tract of sinnewes, and helpeth conception of women that be barren,
it killeth the wormes in the bellie. It helpeth the colde goute, it hel-
peth the Toothache, it comforsteth the Stomack very much, it cureth
the cold dropsie, it helpeth the Stone in the bladder, and in the raynes
of the back: it cureth y Canker, it helpeth shortly a stinking breath.
And who so bryeth this water euer among, and not too oft, it preser-
ueth him in good liking, and shall make one seeme young very long.
You must take one sponefull of this water fasting, but once in sea-
ten dayes, for it is very hote in operation. It preserved Doctor
Stephens that hee liued fourre score and eyghteene yeres, whereof
tenne yeres he liued bedzed.

To make a water that taketh off all stayning, dying and spots from
the hands of Artificers, that get them by working, and
maketh them white and faire. It is good
for them that be Sun-burned.
chap. 106.

Take the iuyce of a Lymon, with a little Bay salt, & wash your
hands with it, and let them dry of themselves, washe them againe,
and you shall finde all the spots and stayning gone. It is also verie
good against the scurfe or scabbes.

To heale all manner of inflamatioun, and euill disposition of the
ayre, leaperie faces, great swolen legs, or inflamed
handes. Chap. 107.

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Take flower, or Amillium made of Barley, which ye shall easily finde at the Apothecaries, and seeth it halfe an howre in comon wa-
ter, then straine it, and put it into another newe potte that is cleane
and neate, putting to it a few Mallowes, Succozie, Hoppes, En-
dive and Borage, and seeth all these together vntill it bee dissolved,
and adde to it an ounce of Sandall, and then straine all, and take a
linnen cloth, as much Cassia extracta as will goe into two nuts, and
put it within the said linnen cloth with the Cassia, while the water
is hote, pressing it so hard betweene your two fingers, that the sub-
stance of it may goe into the water, then put it to Sugre or Penni-
des, as much as you will. Of this drinke (which is of a very amiable
savour) you must take from day to day a little glasse full in the mor-
ning, lying in your bed with your brest vpward, then laying some
linnen cloth vpon your stomacke, sleepe if you can, and take of it al-
so after you be vp, and haue done your necessarie: the which doing,
you shall finde your selfe very well healed in few dayes. But here
note that this must be done in the Sommer, and not in the Winter,
and he that hath his stomacke very cold, may weare before his brest
some peice of Scarlet, or other cloath, and sometime annoint hys
stomacke with an Oyle made for the weakenesse of it, the perfect
composition whereof we will put hecreafter.

A singuler oyntment which healeth all burning with fire, not
leauing any skarre where it hath beene.

chap. 108.

Take the white of two egges, two ounces of Tuitina Alexandri-
na, two ounces of quick Lime, washed in nine waters, an ounce of
newe Claze, with as much Oyle Rose, as shall suffice, and make
thereof an oyntment, which yee shall finde very good for this that
we haue spoken of.

To draw an arrow head or other yron out of a wound.
chap. 109.

Take the iaye of Galerian, in which ye shall wet a tent, and
put it into the wounde, laying the saide Herbe stamped vpon it,
then make your binding or band as it appertaineth, & by this means
you

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you shall dwalwe out the yzon. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swolne with a fall. chap. 110.

Take an ounce of Bay salt, rawe honey thre ounces, Cummin thre ounces, Turpentine two ounces, intermingling all this wel vp-pon the fire, then lay it abroade vpon a linnen cloth, and make ther- of plaisters, the which you shall lay hole to his head, and it will alto-gether asswage the swelling, and heale him cleane and neat.

To know what time in the yeere hearbes and flowers should be gathered in their full strength.

chap. 111.

Medicines are made divers and sundry wayes, some by leaues, some by seedes, some by rootes, some by hearbes, some by flowers, and some by fruities. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their culour be changed, or that they fade any thing.

Seedes when they bee full ripe, and the moyssnesse some-what dyed away.

Flowers should be taken when they be fullie open, ere they be- ginne to fade.

Hearbes should be gathered when they be full of sap, and ere they shrinke.

Rootes should be gathered when the leaues fall.

Fruities should be taken when that they be at their full growth, or when they fal, and the heauier fruite is, the better, and those that be great and light in ponderation, choose not them, and those that be gathered in faire weather, be better then those that be gathered in raine. And those hearbes that growe in the fieldes, are better then those that growe in Townes and gardens, and those that growe on hilles in the fieldes are best for medicines, for commonly they be lesse, and not so fat, and haue moze vertue.

Many hearbes there be that haue speciall time to bee gathered in; and if they be gathered in that time, they haue they ful vertue, to

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their propertie, or els not so good. Some doe helpe whensoeuer they be gathered, and some nought if they be gathered out of time: there seze marke well what I teach thee.

Wittanie should be gathered principally in Lammas month, with the seed and the rootes, and without any Iron tole, and it must bee dyed in the shadow, for medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before the Sunne rising.

Swinesgrasse may be gathered when it pleaseth you, in time of neede.

Canniomill should be gathered in Aprill.

Pellitorie should be gathered in June, before the Sunrising.

Red Docke should be gathered when they need dailie.

Longdebeefe must be gathered in June and July.

Peniwort must be gathered in the beginning of winter.

Germanander should be gathered in Lammas month.

Dragant should be gathered in June and Julie.

Columbine in Lammas month.

Addertoonge must be gathered in Aprill.

Pedelion when thou wilt.

Grounsill alway after midday.

Walworth, when it pleaseth you, without yron.

Violet shoulde bee gathered in the month of March, and in thy month shoulde Violets be put into Suger, and to syrope.

Roses shoulde be gathered in Aprill, or May, and of them shoulde be made Suger-Roset in syrope of Roses, and in the same moneth shoulde oyle be made of Cannomill.

Rosemary flowers should be gathered in May.

Sentory when it beginneth to flower.

Organum in the month of June.

Holsequi shoulde be gathered the sixteenth day of August, before the Sunrising, without yron.

Harts-toong shoulde be gathered before day in Novembre.

Aristolochia shoulde be gathered the same time.

Garlick may be taken when you need for medicines.

Wilde Garlicke shoulde be gathered when it flowreth.

Gourdes shoulde be gathered in the end of September, when they be

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be ripe, and dried where the Sunne may be all day.

Wilde Pep berries should be gathered when they ware yellow.

Cucumber shoud be gathered when the fruite is ripe, and the fruite should be layde vnder Vines, where the Sunne may not haue all his strength on it in a moist place, that it may rot, soz then the sed shall be god, and full of kernels.

Citruell when the fruite is ripe, and dryed in a drie place in the Sunne.

Calamint should be gathered when it flowzeth, and dry it in the shadow, and it will last a yere.

Saffron shoud be gathered afors the Sunne arise.

Codur, that groweth among Flare, shoud be gathered when hee beginneth to flower, and it may be kept thre yere.

Cleber shoud be gathered in haruest time.

Fennell sedes shoud bee gathered in the beginning of Haruest, and two yere they may be kept.

The rotes of Fennell shoud be gathered in the beginning of the yere, and two yeres they are god.

Waldeony, that some men call Gentian, shoud be gathered in the last end of the yere, and soure yeres it is god enough.

The rote of this hearbe is vsed, and how thou shalt know him, is this, that he be very bitter, the lesse bitter the wozse.

Also, looke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Galingale is called in Phisicke Typus : it may be taken at all times when you will, but best it is in the end of Cler : and thre daies it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flowerdeluce shoud be gathered in the end of Cler, and dryed in the Sunne, and it will last two yeres well.

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Heere followeth the sundry vertues of Roses, for diuers Medicines. chap. 112.

Roses be colde and moyke in two degrās: It hath these vertues, Campe it, and lay it to a soze that burneth and aketh, and it shal cease both the burning and the aking.

Also, it is good for the feauer in the stomacke, and against all euils that are gendred in hote humoors.

Also, let any woman drinke it with wine, and it shal forthwith cause her to restraine bleeding, & helpe the marrows of the wombe.

Also, make oyle of Roses, and that is a principall receipt for prick-
ing in sinnewes, and the water thereto is good for soze eyes, and for
hote euils, and the oyle is good for head ache to annoynct there-with
the temples, and the roote of him is good, to drawe sooth yron or o-
ther things in a mans foote, and the redde Rose is much better then
the white.

The sundry vertues of Lillies.
chap. 113.

Lillies are cold and dry in the third degree, and so saith Galen,
that who so seetheth the leaues in water, it is a noble plaister for
sinnewes that are shottned, and it is good for all maner of burnings
and scaldings.

Also, when the leaues and the rootes are sodden in olde wine, and
tempered by with honey, it is a profitable plaister for sicknesse that
are staruen. Also the water & the iuyce is good for to wash thy bris-
sers, and to doe away the freckles on mans visage or womans: and
the roote is good to ripe therewith botches, and for to breake them.

Of the sundry vertues of Milfoyle.
chap. 114.

Milfoyle is hote and dry in the second degree, it is god to stanche
the bloodie flire, and the iuyce thereof healeth the biting of a redde
hound: and if it be sod in redde wine, drinke it, & it slaieth wozmes
in the wombe, and it softeneth hardnes in a mans wombe, and hel-
peth the Jaundise and dyopse.

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And take the hearbe and stampe it, and temper it with vntreger, and it will doe away blood in woundes, and it will cease the tooth-ache when it is chewed fasting. Also it is good for the stinging of an Adder when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the soze.

The sundry vertues of Rosemarie.

chap. 115.

Rosemarie is hote and drye: take the flowers thereof and put them in a cleane cloth, and boyle them in faire cleane water, vntill halfe be wasted, and coole it, and drinke that water, for it is much worth against all manner of euils in the body.

Also, take the flowers and make powder thereof, and binde it to thy right arme in a linnen clothe, and it shall make thee light and merry.

Also eate the flowers with honey fasting, with sowre bread, or els with other bread, and there shall arise in thee no euill swelling.

Also, take the flowers, and put them in thy chesc among thy cloths or astong thy booke, and mothes shall not destroy them.

Also, boyle the flowers in Goates milke, and then let them stand all night vnder the ayre conered, and after that give him to drinke thereof that hath the Tisick, and he shall be holpe.

Also, if there bee any man that is rammage, take the flowers, and leaues a great quantitie, and boyle them together in a good quantitie of cleane water, in that Patient Walneat, and it shal heale him.

Also, boyle the leaues in white wine, and wash thy face therwith and thy beard, and thy browes, and there shall no corne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also breake the leaues to powder, and lay them on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all sorwenes and euil sauouris, and if thou wilt sell thy wine, thou shalt haue god speede.

Also, if thou be soole with vnlinde sweate, boyle the leaues in cleane

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cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also, if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops, eate thou thereof well, and thou shalt restoore thy appetite againe.

Also, if thou haue the Flurx, boile the leaues in strong Cyzil, and lay them on a linnen cloath, and bind it to thy wombe, and anone thy Flurx shall be withdrawne.

Also, if thy legs be blowne with the Gout, boile the leaues in wa-
ter, and then take the leaues and bind them in a linnen cloath, and wind it about thy legs, and it shall doe the much god.

Also, take the leaues, and boile them in strong Cyzell, and bind them to thy stomack in a cloath, and it shall deliver the of all euils.

Also, if thou haue the cough, by stirring or by any other way, drinke the water of the leaues, boiled in white wine, and ye shall be whole.

Take powder of the rind of Rosemary, and drinke it, and if thou be in the pose, thou shalt be delinered.

Also, take the timber thereof, and burne it to coales, and make a powder thereof, and then put it in a linnen cloath, and rub thy teeth therewith, and if there be any wormes therein, it shal slay them, and kepe thy teeth from all euils.

Also, of the wood make a boyls to smell thereto, and it shall kepe thee youngly.

Also, make thereof a barrell, and drinke thou of the drink that standeth therein, and thou needest not bread of any euill beeing therein, and if thou set it in the field, or in the Garden, kepe it honestly, and it shall bring forth much encreasing of it selfe.

And if a man haue lost his smelling of the ayre, that hee may not draw his breath, make a fire of the wood, and bake his bread therewith, and eate it, and it shall kepe him well.

Also, a man that hath the Gout, take oyle of Roses, and the yolke of an Egge, and the flowers of Rosemary, and medle them together, and doe it to his soze, and he shall be holpen.

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For to make a speciall soueraigne water, which is of three culours, and it is called the Mother of all waters, which is very excellent to cure the Canker, the pocks or Leprosie, or any other kinde of superfluous humors, or any sore old or new, and it is thus made.

Chap. 116.

Take **T**arpettine soure pound, of **F**rankincense, **M**astick, of either two ounces, **A**llowes, **C**apaticke, **D**ate stones, **L**abbatum, **C**astorum, rootes of **D**etany, rootes of **C**niula **C**ampana, of eache two ounces, distill the in a **L**imbeck of glasse, with a soft fire. The first water is cleere: the second water is yellow, and swimmeth aboue the other: the third water is reddily, like **S**affron, and when it beginneth to be redde and thicke like honney, then beginneth the third water. The first water burneth like a candle, the second water curdeth like milke, and if you put one droppe of the third water into a cuppe of drinke, it goeth presentlie to the bottome, and there will it lie an howres space, and then mount vp to the toppe, as true **B**awme doth, and with this water if you wash your face twise a day and chiefly your **P**osethrils, it cureth the rewme descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any soze legge or arme that hath dead flesh, it will cleanse it, and drine away the ache within syue howres space, and it consumeth all **A**póstumes, **U**lcers, **F**istules, **P**ustules, **C**meraldes, and healeth all greene wounds. And if ye dip a linnen cloth therein, and make it sre sold, and lay it to the noddle of your necke, it healeth the palse: and so likewise it cureth the **C**olst, or any sinnew that is drawne together therewith, bath it three or fourte times together warme.

The water that is of the culour of blode, is of such vertue, that if a leprosous man or woman use therof fifteene dayes together, halfe a sponefull every day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in soure and twentie houres, if it be not mortall.

And it healeth al kind of Cankers, Crepces, **N**oli me tangere, with in fifteene dayes, if you wash them with the said water currie thrid

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day and if you make rags of cloath, and dip it in the same waker, and lay it vpon a plague sore, and drop one drop therin, and it mortifieth the malignity thereof, and that shortly. And if you drop one droppe in the eye that hath a Pearle, or is halfe blind, it wil recover it in eight dayes without any paines: and if you drinke a spoonesfull of it with white wine, it will recover the Strangurie or distare within sixe houres, and breaketh the stone within two houres, whether it be in the reines, or in the bladder. The water that hath the culour of blood is most precious, it comforteth the weake member, and preserueth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Hilt, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten bloude, and putteth away ill humors, & healeth all agues. This water must be vsed from the month of Novembre, to the month of Aprill, and you must take but halfe a spoonesfull at once, nor oftener then once a weeke.

The manner to make this waker, y^e must haue a glasse a cubite high, and fill it with Aqua vite made with Wine, and stoppe it well, then put it in horsedung, so that it be not moist, nor too wette, least the glasse breake, and you must leauie the necke of the glasse without in the ayre, that glasse through the heate of the dung will boile soze, so that the water will ascend to the necke of the same, and descend againe to the bottome through the ayre, and so let it stand thirtie daies, then take out the glasse, and put these things following in the wa^rter, and stoppe the mouth that it breathe not out, and so leauie it in eyght daies.

Last of all, put the glasse in Balneo Marie with sand, setting on a head with a receaver, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the seconde Water turne into redde culour, change the Receiuere, for then beginneth the second water to come, & that will keepe well in a glasse well stopped.

The spiccs that goe to this water, bee these, with the hearbes, Cardonum, Cloves, Nutmegs, Ginger, Galengale, Zetonaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Mugwort seedes, Fennell seedes, Annis seedes, Flowers of Basil, Elderne flowers, redde Roses and white, Lignum Alloes, Cucibes, Cardanum, Calamus Aromaticus, Maces, Germander, Frankincense, Turmentill, Juniper, Egrimony, Hentozy, Humitozie, Pempernell,

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nell, Dandelion, Cusilage, Endine, seedes of Horrell, yellow Sanders, Fetherfoy, Alloes, Epatick, of each two ounces, Rubarb, two drammes, dry figges, Raisins, Dates without stones, sweets Almonds, of each two ounces, Aqua vite to the quantitie of them all, that is, for one pound of Engredience, four pounde of Suger, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pockes, paines in the ioyntes, lamenesse of limmes, palenesse of culour, loathsome scabbes, or any other filthy disease proceeding of superfluous or euill humors, as also to asswage ouer grosse and foggie fette bellies, and that without danger.

Chap. 117.

First, it is needfull to prouide for the sickle bodie a close & cleane Chamber, out of all grosse ayre, and cleane warme garments both for bodie and legges, and at rising and going to bedde, a fire of Char-coales, for woode is not so wholesome for smoaking: also, they must not be troubled with any thing to byng them out of patience, for that corrupteth the blood, which must be newes altered: also the sickle bodie must eate but little meat, and that kinde of meate as shall heere- after be prescribed, and at such time as shall be appointed, and let the sickle body vse playing on instruments, or heare some playing, or tell merry tales, and let him haue no companie of any woman, for that is a most dangerous payson for the health of any person in that case.

Secondly, you must prepare two brasle pottes or else yron, one beeing fourre gallons, the other sixe gallons, one for strong drinke, the other for small drinke.

Also, you must haue close couers to them of brasle or yron, you must also prepare certaine good earthen vessels, with close couers, to keepe your drinke in, of both sortes by themselues. Moreover, you must haue a Strayner of a Hearce-cloath, to straine your drinke after it is decoct, Instruments to take out deade fleshe, and to

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search a soze, and a syring to cleanse any soze beinge deepe, with the same drinke. Also you must haue a woodden vessell to bathe the sicke body in, at such times as hereafter hal be appoynted. Also you must prepare cleane cloathes, to dry the sicke body after a sweate, beeing warmed well first: other instruments you shall neede none, but onlie your wood scraped small or turned, and the barke of the wood pounded in a morter, and the drugs also smal, and your water which you shall decoct, the same must bee of a good Conduit or running brouke, verie cleane without anie kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, yee must take your pot of four gallons, and set it on a fire of coales, with four gallons of the faire running water, then put into the same one pound and a halfe of your wood, small raped, or turned at the Turners, but when you do buy your wood, see it be not old, and lacke moisture: thyss tryall is best: Take a little coale burning, and lay it on the blocke before it be raped, and if it be good, it will boyle vp on euery side of the coale like Mirthe: Then put thereto an ounce or a little moze of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seedes put whole into the same, and one halfe quarter of an ounce of Radix, and Rubarb, and then stop your pot fast, and lay pastre about the couer, and so fast that no ayre come out, then seth it on a soft fire, but ever keepe it boylng, and let it boyle at the least eyght houres, then set it by, and unstopp it not untill it be colde, then take your Scarce, and straine it into a faire earthen pot, and cover it close. The sicke bodie must drinke of this but one draught Lukes warme, in the mozning, and one other at night.

Fourthly, you must take your pot of fire gallons, and putt in it fire gallons of running water, and one pound of the wood raped, and a quarter of Cummin seedes, and decoct it in all kinte of thing even as the other, being close stopped, and when it is colde straine it into an earthen vessell or vessels, & that must the partie drinke at meale, and at other times when he list to drinke, and spare not, but drinke it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed before eight of the clock, and then eate a dozen or twenty Reisuns of the Sun, and no bread, but a draught of strong drinke warme, and

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and about eleuen of the clock, let the sick body eate a little meat, as may suffice nature, and what meate, it shal be hereafter shewed, then let the sick body walke some whiles in his chamber, or reade some booke, or play on instruments, to keepe him from sleeping: then at sixe of the clock at night, a dozen of Raizins of the Sunne, and nothing else but a draught of strong drinke warmed.

Sixtly, give to the Patient to eate, these meates following, Chic-kin, Partridg, Feasant, Hen, Capon, Rabbet, Conny, Cleale, But-ton, and none other, nor any salt, nor leauened bread, nor Rie bread, and very sildome rosted, but boyled in water, and no Broth nor Pos-redge, nor any kind of sauce: if the sick body haue roast, let it be but every thrid meale, and no kind of fish, milke, or fruities, Raizins ex-cepted.

Seauenthly, once in thre dayes, for the first nine dayes in the morning let the sick body drinke a god draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till hee sweat, for the space of two houres: then easie some of the cloathes, and haue warmed linnen cloathes, and rub all the body dry ere he rise if he haue any sores that be deepe, wash the soore with stroug drinke, and with a scarce, and dip a little cloath in the strong drinke, and lay it to the soore, whether it be soore or knobs.

Eightly, after nine or ten dayes be past, once in thre dayes let the sick body be bathed on this sort. Set faire running water on the fire, and put thereto a great deale of ground Iuy leaues, and red Sage, and Fennel also, and by a god fire when the sick body is going to bed, put the water and hearbs into a vessell of wood, and let the sick body stand upright in it by the fire, and take vp the hearbs, and rub the body of the sick Patient downwards, & then dry him with warme cloathes: use this thre weeks, and by the grace of God the sick body shal be made whole, whatsoeuer hee be: then if the party be very weake, after nine or ten of the first dayes, let him eate every day at fourre of the clock in the after none a new laid egge poached in faire water, and as much new bread as wil suffice nature, & a little cleane wine. Use this dyet with god regard, as before is prescribed, and (by the grace of God) they shal be perfectly cured of those diseases aboue mentioned.

The Closet, or Treasurie,

The manner to make another kind of dyet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the City of London, as in diuers partes of the Realme.

Chap. 118.

Take of the best Quaicum, most heauy, and full of Gum, four pound, let it be well rased with a Rape, or turned into fine chips by a Turner, and of the same barkes two pound : of Cardus benedictus, which is cailed the blessed Thistle, halfe a pound, of Haydenhaire, Citrach, the flowers of wild and Garden Buglosse, Anis one pound, swete Cassia, sixe ounces, Anis sedes one ounce and a halfe, white Sugur sixe pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which poure of the cleanest and best white Wine that may bee got, in quantity one hundred and fifty pound, couer this vessell thre dayes, then straine it through an haire cloath : then keepe it in a cleane vessel for the Patient at dinner and supper, but not to drinke it in the mozung or euening. Besides, the drinking of this Quaicum at Dinner and Supper the Patient may betweene the times, as one houre before or after Dinner or Supper, drinke fourre or five ounces. Also your aforesayde Reccites may be put in cleane new white wine or Claret wine, being fined and made in the p[re]scribed manner.

Furthermore, the Patient that hath the Pot, Dropsie, or Gout, may drinke among, this woothy medicine following, the dosse or quantity is two ounces or more, according to the age and complexiōn of the Patient.

Take Haydenhaire, cleane fresh Hops, Fumitory, Citrach, calld Asplenum, Sene of Alexand. of each thre drammes, great Centaury rotes, Liquorice, Polipody, wild and garden Buglosse, each fourre ounces, Anis sedes, Nigella Romana, the flowers of Buglosse, the thre Haunders, Niamon, each five ounces, put this into 24. pound of the Quaicum water, sodden after the description in the Compounds following : then put it in a close vessell, and stoppe the mouth, and when that is done, set the said vessell in another saething kettle, vpon the fire, so let it stand and seeth for twenty hours faire

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and softly, then straine it, and kepe it in a cleane close vessell for the vse aforesaid. But if the Patient be full of humors, then doe thus: take Sene Aleand. two pound, Succa Rosarum solatiua, sixe pound, white Suger seauen pound, Rubarbe eleced thre ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone pot with a narrow mouth: poure into this pot xiiij. pound of the common Guaicum wafer, made in manner in the compounds following: stop your pots mouth, seeth it in theforesayd manner, vpon a soft fire 24. houres, vntill it come to a thin syrope, called Jelup, then straine it, and kepe this precious purging drinke for mornings, the Dose one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eate bread thre ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridg, Feasant, small birds of the wood roasted expell sodden meates: and if the common drinke be too strong, then the Patient may poure therevnto some small cleane Wine, or Ware: Let the Patient be merry kept in a faire cleane chamber, with sweete perfumes, not much ffeeding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Vnery, Wines, Fish, grosse flesh, portage, and white meates: care, anger, cold, much heate: and by Gods helpe ye shall haue present remedy, whether it be for the Pore, or to cleanse the reynes, or for them that be ouer fat or foggy people, full of grosse humors, gotten with ease and ffeeding, and to rebate & allwage their foggines without hurt, but rather renew them (as it were) and make them seeme young. It helpeth also the Gout, Dropsticke, Sciatica, Cancer, and Limpany, and many other loathsome diseases, that proceede from ouer great abundance of grosse humors, also for extreame paine in the ioynts.

The manner to choose the best Guaicum or
Lignum vitæ.

Chap. 119.

Of this wood Guaicum, there are thre kinds: the first is blacke within, in the heart pale culoured, hauing in it russet lynes, very hard and heauie. The other blacke within, but white without, hauing very small lynes, is hard and heauy, and not so great as the first. The third is all right white within and without, hauing very small lynes, and the heart of this wood is best, the arme of the

The Closet, or Treasurie,

treé is better then the body, the boughes neerer the fruite haue the moe vertue, warmnesse, and dñnesse, then the lower parts of the tré, which are moe grosser, and moe earthly of nature, and the moe vnicous the wood is, it is the better, the sap is not so god as the hart, neyther the barke as god as the sap. But the white wood is swete, and most excellent in operation, and is Lignum sanctum, the holy wood. The barke of the straight young banches or boughs, being heauy and white, moist, and without lines, hard compacted, be the best barkes for the Pore. All these woods called Guciaci, haue a Rozin, or matter like Beniamin, or pleasant Gum within the wood, which is the spirit or lively helping humour in decoction for the Pore, in the sinewes, vaines, muskles, head, hands, ſeſe, and the bones: ſo sicknesse is ſo ſharpe and cruell to nature, but this precious wood will both quickly and gently allwage the paine & greafe of the ſame, if it be miniftred accordingly in decoction, namely, to them, who eyther the Pore hath tormented, or else the Goute with intollerable greafe.

A moſt certayne and approoued remedy againſt all manner of pelliſcence or plague, be it neuer ſo vehe-
ment.

Chap. 120.

Take an Onion, and cut him onerthwart, then make a little hole in each pece, the which you ſhall fill with fine Treacle, and ſet the peces together againe, as they were before: after this, wrap them in a wet linnen cloath, putting it to roaſt, couered in the embers or ashes: and when it is roaſted enough, preſſe out all the iuice of it, and give the Patient to drinke thereof a ſpoonfull, immediatly he ſhall ſeele himſelfe better, and ſhal without faille be healed.

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To make a sirrope of Vineger, good for many things.

Chap. 121.

Take Sharpe Vineger a pounde and a halfe. Suger two poeande and a halfe, boyle it till it be a sirrope. It will digest choller, Melancholie, and fleame: It will make grosse humors thinne: openeth obstructions, prouoketh vaine, expelleth naughtie humors: is good against all pestilent feauers, cooleth and quencheth thirst, & keepes the bodie loose.

To comfort the heart, and take away Melancholie.

Chap. 122.

Take the iuyce of Borage soure pounde, the flowers of Borage halfe a pounde: let these stande infused in hote embers soureteene howres, then boeing strained and clarified, put too of good Suger two pound, and boile it to a sirrope.

A sirrope to cleanse the breast and the lunges, the Cough, and the Plurifie.

Chap. 123.

Take Liquoise small shred and bruised, an ounce, Maidenhaire halfe an ounce, Hysope, two drammes, water two pounds, let these lie mixt soure and twentie howres, then boyle it till the thirde part be consumed, then straine it, and put into the same of good honey, of Suger pennet, and white Suger, of each soure ounces, and Rose water, thre ounces.

For spetting eyther of Lights or Lunges.

Chap. 124.

Take the iuyce of Purslane and Plantaine, of each an ounce, redde Corall a dram, and Bloodstone halfe a dram fine powdered, mixt together, use it.

The Closet, or Treasurie,

For Wormes in young children. chap. 125.

Take Lupines, and make flower of them, which kneaded with honey, lay it to the stomack of the child.

For the swelling of the Cods. chap. 126.

Take Rue stamp, lay it to the greued place, and thou shalt haue present remedie.

For him that cannot hold his water. chap. 127.

Take the small end of Oken leaues, & seeth them in Claret wine, being well beaten, lay it as hote as may be suffered vpon the yard in a plaister fashon.

For the head-ache. chap. 128.

Take the iuyce of Pariorum, and put it into the Nosehills, and it will helpe you.

For griefe of the stomacke. chap. 129.

Take Pasticke, Cloues, Nutmegs, of each a dram, Mace and Cynamon of each halfe a dramme fine powdered: then take the bottome of a browne loafe toasted and dipt in Halmesy, drawing of the said powder vpon it, lay it to the stomacke, and it is a present remedie.

For the Itchi. chap. 130.

Take unwrought Ware, fresh Butter, Rose Vineger, red Rosewater, Brimstone finely beaten, and Cloues all boyled together, make an ointment and vse it.

A Gargill for a sore throat. chap. 131.

Take white Wine, conduit wafer, of each a pound, roch Allum, halfe an ounce, two spoonfulls of honey, boyle all to a pounde and a halfe, and vse it thre or fourre times a day.

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A water for scabbes, Ulcers, and Fushes.
chap. 132.

Take Plantine water halfe a pounde, waker of Drengeis fourre
ounces, Sublimate powder, an ounce, put all in a double glasse, or
some other good vessell, and let it boyle with a gentle fire, a quarter
of an howre, and take it off, and keepe it in a cleane vessell, which
use three or four sundry times, and it shall heale them.

To make a water to take out all spots of cloth of golde,
and velvet. chap. 132.

Take rawe redde Arsenicke, Martem Cudum, of each of them a
like quantitie, and when they be well brayed, poure some faire wa-
ter vpon them, and then putting the hearbe Cinkefoyle to it, seeth it
vnto the halfe, and then let it coole, and set it in the sun two howres;
then wash your cloath in it, and let it dry in the Sunne.

To take spottes of grease and oyle out of all sorts
of cloth, white, or other.
chap. 134.

Take the water that Pease haue bene sodde in, and keepe your
cloath where the spotte is in it, and then wash it in cleane riuier wa-
ter, and dry it in the Sunne.

To take all manner of spots out of silke.
chap. 135.

Take the iuyce of great and round Mushroms of a sharpe taske,
wet the spots in it the space of two howres, and then wash them with
cleere water, and then let them dry.

To take spots out of cloth. chap. 136.

Take cold lie, and lecs of white Wine, made a little hole, and
mire them well together. But you must take heede they be not too
hote, and wash your cloth.

The Closet, or Treasurie,
A soueraigne remedie for the Cough.

Chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a newe layd Egge soft rosted, mingle it well together: then put to it Beniamin the bignesse of a Witch Passe, lightly stamped, and drinke it in the morning at your breakfast: Take as much againe at night when you goe to bed, and you shall bee whole at the seconde or thirde time. But if thy cough haue holden you long, you must take it so much the oftener.

To keepe your Poultry from destroying with Weasels.

Chap. 138.

Rub your Poultrie with the iuyce of Rue or Herbe-grace, and the Weasels shall doe them no hurt. If they eate the Lungs of a fox, the Foxes will not eate them.

A briefe Treatise of Vrines, as well of mens Vrines as of womens: to judge by the culours, which betokeneth health, which sicknes, and which death. Chap. 139.

It is shewed, that in fourre parts of the bodie dwelleth sicknes and health, that is in the wombe, in the head, in the liver, and in the bladder. In what manner thou maist know their properties, & therof thou maist learne.

If a mans vayne be white at morrow, and red before meate, and white after meate, he is whole. And if it be fasse and thick, it is not good: and if the Vayne be meanelly thicke, it is good to like. And if it be thick as Ale-pisse, it betokeneth head-ache.

Vrine that is two dayes red, and the third day white, betokeneth vertie health.

Vrine that is fat, white, & moist, betokeneth the feauer quartaine. Vrine that is bloody, betokeneth that the bladder is hurt, by some rotting that is within.

A little Vrine all fleshe betokeneth of the Reynes, who pisseth blood without sicknes, hath some vayne broken in the reynes.

Vrine that is ponderous, betokeneth that the bladder is hurt.

Vrine that is somewhat bloody of sicknes, betokeneth great euill within the body, and namely in the bladder.

Vrine that falleth by droppes aboue, as it were great holnes, betokeneth

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tokeneth great sicknes and long.

Womens Urine that is cleare and shining in the Urinall as siluer, if shee cast oft, and if she haue no talent to meate, it betokeneth she is with child.

Womens Urine that is strong and white with stinking, betokeneth sicknes in the reines, and in her secret receits, in her chambers full of euill humors, and of sicknes of her selfe.

Womens Urine that is bloody, and clere as water vnder, betokeneth head-ach.

Womens Urine that is like to golde, cleare and mighty, betokeneth that she hath lust to man.

Womens Urine that hath culour of stable-cleansing, betokeneth her to haue the feauer quartaine, and she to die the thrid day.

Womens Urine that appeareth as culour of Lead, if she be with child, betokeneth that it is dead within her.

Hereafter followeth all the Vrines that betoken death, as well the vrine of the man, as of the woman. chap. 140.

In a whole Aris, one part red, another black, another gréene, and another blew, betokeneth death.

Urine in whole Aris, black and little in quantity, fatty and stinking, it betokeneth death.

Urine covered ouer all as lead, betokeneth a prolonging of death.

Urine that shineth raw and right bright, if the skinne in the botome shine not, it betokeneth death.

Urine thin in substance, hauing flæting aboue, as it were a darke Skie, signifieth of death.

Urine dersly, stinking, and darke, with a darke Skie with in, betokeneth a prolonging of death.

Urine that is of the culour of water, if it haue a darke Skie in an Aris, it betokeneth death.

Urine that hath drestes in the botome medled with bloud, it betokeneth death.

Urine black and thick, if the sick loath when he goeth to the Privie, and when he speakest ouerthwart, or that he understandeth not aright, & if these sicknesses goe not from him, they betoken death.

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